

2023 Asuncion OS - World Triathlon Coaches Level 1 Course Schedule (1-3 August 2023)

Facilitator Team: Claudia Beristain, Lucas Mendez

		31.Jul.23	01.Aug.23	02.Aug.23	03.Aug.23	
7:00	9:00		Breakfast, Free time			
9:00	9:15		Welcome and Introductions (30 min)		Planning and Delivering a session refresher workshop (90 min)	Run Practical (2.5 hours)
9:15	9:30		Terminology refresher workshop (60 min)			
9:30	9:45					
9:45	10:00					
10:00	10:15					
10:15	10:30					
10:30	10:45					
10:45	11:00		Sport science basics refresher workshop (90 min)		Planning conditioning sessions refresher workshop (90 min)	
11:00	11:15					
11:15	11:30					
11:30	11:45					
11:45	12:00					
12:00	12:15					
12:15	12:30	Lunch		Lunch	Lunch	
12:30	12:45					
12:45	13:00					
13:00	13:15	Candidates arrive. Facilitators set up room, and check resources and facilities	Swim Practical (3 hours)	Bike and transition Practical (3 hours)	Practical Assessment Swim, Bike, Run (3 hours)	
13:15	13:30					
13:30	13:45					
13:45	14:00					
14:00	14:15					
14:15	14:30					
14:30	14:45					
14:45	15:00					
15:00	15:15					
15:15	15:30					
15:30	15:45					
15:45	16:00					
16:00	16:15					
16:15	16:30		Group evaluation and feedback session Swim Practical (60 min)		Group evaluation and feedback session Bike and transition Practical (60 min)	1-2-1 debrief and evaluation (2.5 hours)
16:30	16:45					
16:45	17:00					
17:00	17:15	Course Welcome Flexible welcome for candidates, Facilitators available	Free time, self study and preparation			
17:15	17:30					
17:30	18:00					
18:00	19:00					Next steps - Coach development Course Closure (60 min)
19:00	20:00	Evening Meal				Departures
20:00	-	Free Time				