

Level 1 Course Schedule (4-9 November 2023)

Facilitator Team: Emma Carney (AUS), Tomas Perucca (ARG)

		3-Nov-23	4-Nov-23	5-Nov-23	6-Nov-23	7-Nov-23	8-Nov-23	9-Nov-23	10-Nov-23							
7:00	9:00	<p>Facilitators arrive.</p> <p>Facilitators set up room, and check resources and facilities.</p> <p>Candidates arrive.</p> <p>Course Welcome Flexible welcome for candidates, Facilitators available</p>	<p>Welcome and Introductions 1A (60 min)</p> <p>What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)</p> <p>The Coaching Process, Teaching & learning 1C (60 min)</p> <p>Lunch</p> <p>Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)</p> <p>Run Theory Workshop 1E (2 hours)</p> <p>Guide to online learning 1F (45 min)</p>	<p>Run Practical (2.5 hours)</p> <p>Evaluation and Review 2A (30 min)</p> <p>Lunch</p> <p>Swim Theory 3A (3 hours)</p> <p>Open Water Theory 3B (1 hour)</p>	<p>Swim Practical (3 hours)</p> <p>Lunch</p> <p>Understanding Participants 2B (45 min)</p> <p>Safety & Welfare 2C (45 min)</p> <p>Bike Theory 2D (1.75 hour)</p> <p>Transition Theory 2E (45 min)</p>	<p>Bike and transition Practical (3 hours)</p> <p>Lunch</p> <p>Children & Young People 4A (45 min)</p> <p>Improving Performance 4B (60 min)</p> <p>Programme Planning 4C (60 min)</p> <p>Writing Session Plans 4D (45 min)</p> <p>Preparation for assessment (30 min)</p>	<p>Practical Assessment Swim, Bike, Run (3 hours)</p> <p>Lunch</p> <p>1-2-1 debrief and evaluation</p> <p>Next steps - Coaching and sport development Course Close 5A</p>	<p>Social Day</p>	<p>Departures</p>							
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