

Level 2 Course Schedule (4-9 November 2023)

Facilitator Team: Fenella Ng (HKG), TBC

		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	Facilitators arrive. Facilitators set up room, and check resources and facilities. Candidates arrive.	Breakfast, free time						Social Day	Departures
9:00	9:30		Introduction 1A What is coaching. Teaching and Learning 1B	Swim Practical (2 hours)	Bike Practical (2 hours)	Run Practical (2 hours)	Group Case Study Presentations	Break		
9:30	9:45									
9:45	10:00		Writing Session Plans 1C	Change and return to room	Change and return to room	Change and return to room	Group Case Study Presentations			
10:00	10:15		Training Theory and Applying Physiology 1D	Reflective coaching 2A	Ethical Coaching 3A	Run Training Design: Designing individual and blocks of sessions 4A				
10:15	10:30		Lunch	Lunch	Lunch	Lunch	Lunch			
10:30	10:45		Training Theory and Applying Physiology 1D	Triathlon Holistic Planning 2B	Bike Training Design: Designing individual and blocks of sessions 3B	Run Training Design: Designing individual and blocks of sessions 4A	Peer Video Reflection 4B			
10:45	11:00			Swim Training Design: Designing individual and blocks of sessions 2C						
11:00	11:15		Break	Break	Break	Break	1-2-1 with facilitators			
11:15	11:30		Training Theory and Applying Physiology 1D	Swim Training Design: Designing individual and blocks of sessions 2C	Run Technique Developing Skills, technique and tactics 3C	Triathlon Holistic Planning 2B				
11:30	11:45		Swim Technique Developing Skills, technique and tactics 1E	Bike Technique Developing Skills, technique and tactics 2D		Applying Psychology in Sessions 3D		Preparation time for Group Case Study		
11:45	12:00				Course Welcome Flexible welcome for candidates, Facilitators available		Free time, self study, case study group time			
12:00	12:15		Free time, self study, case study group time							
12:15	12:30		Evening Meal							
12:30	12:45		Free time							
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