

Guidelines for the schedule

1. Only World Triathlon Development Facilitators are allowed to modify the schedule according to the requirements and conditions of the course.
2. The majority of the sessions can change position within the schedule on days 2-4 to enable the better use of practical coaching times, due to availability or local weather conditions and availability of daylight. Things to consider when re-structuring the days include - Avoiding practical sessions immediately after lunch (eating in general). Avoiding cold and dark times of the day. The best solution will usually involve some juggling of the sessions and is best done in discussion with the Facilitators leading the course.

2023 Manama World Triathlon Coaches Level 1 Course - SCHEDULE

Facilitator Team : Name Facilitator 1 (Nationality), Name Facilitator 2 (Nationality)

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5				
		09.Dec.2023	10.Dec.2023	11.Dec.2023	12.Dec.2023	13.Dec.2023	14.Dec.2023				
7:00	9:00	Candidates arrive. Facilitators set up room, and check resources and facilities	Breakfast, Free time					Practical Assessment Swim, Bike, Run (3 hours)			
9:00	9:15		Welcome and Introductions 1A (60 min)	Run Practical (2.5 hours)	Bike and transition Practical (3 hours)	Swim Practical (3 hours)	1-2-1 debrief and evaluation				
9:15	9:30								What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)		
9:30	9:45									The Coaching Process, Teaching & learning 1C (60 min)	Evaluation and Review 2A (30 min)
9:45	10:00		Lunch								
10:00	10:15								Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)		
10:15	10:30									Run Theory Workshop 1E (2 hours)	Safety & Welfare 2C (45 min)
10:30	10:45		Bike Theory 2D (1.75 hour)	Programme Planning 4C (90 min)							
10:45	11:00				Open Water Theory 3B (1 hour)	Preparation for assessment (30 min)					
11:00	11:15								Guide to online learning 1F (45 min)	Transition Theory 2E (45 min)	
11:15	11:30		Course Welcome Flexible welcome for candidates, Facilitators available								
11:30	11:45			Free time, self study							
11:45	12:00				Evening Meal						
12:00	12:15		Free Time								
12:15	12:30										
12:30	12:45										
12:45	13:00		Next steps - Coaching and sport development Course Close 5A								
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