

2024 Pajulahti World Triathlon Coaches Level 1 Course Schedule (27-29 September 2024)

Facilitator Team: Vicent Beltran (ESP) & (TBC)

		26.09.24	27.09.24	28.09.24	29.09.24
7:00	9:00	<p align="center">Candidates arrive. Facilitators set up room, and check resources and facilities</p>	<p align="center">Breakfast, Free time</p>		
9:00	9:15		<p align="center">Welcome and Introductions (30 min)</p>	<p align="center">Planning and Delivering a session</p>	<p align="center">Run Practical (2.5 hours)</p>
9:15	9:30		<p align="center">Terminology refresher workshop (60 min)</p>	<p align="center">refresher workshop (90 min)</p>	
9:30	9:45				
9:45	10:00		<p align="center">Sport science basics refresher workshop (90 min)</p>	<p align="center">Planning conditioning sessions refresher workshop (90 min)</p>	
10:00	10:15				
10:15	10:30				
10:30	10:45				
10:45	11:00				
11:00	11:15				
11:15	11:30				
11:30	11:45				
11:45	12:00				
12:00	12:15			<p align="center">Lunch</p>	
12:15	12:30	<p align="center">Lunch</p>	<p align="center">Lunch</p>		
12:30	12:45			<p align="center">Practical Assessment Swim, Bike, Run (3 hours)</p>	
12:45	13:00				
13:00	13:15	<p align="center">Swim Practical (3 hours)</p>	<p align="center">Bike and transition Practical (3 hours)</p>		
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			<p align="center">1-2-1 debrief and evaluation (2.5 hours)</p>	
16:00	16:15				
16:15	16:30				
16:30	16:45	<p align="center">Group evaluation and feedback session Swim Practical (60 min)</p>	<p align="center">Group evaluation and feedback session Bike and transition Practical (60 min)</p>		
16:45	17:00				
17:00	17:15	<p align="center">Course Welcome Flexible welcome for candidates, Facilitators available</p>			
17:15	17:30				
17:30	18:00				
18:00	19:00		<p align="center">Free time, self study and preparation</p>	<p align="center">Next steps - Coach development Course Closure (60 min)</p>	
19:00	20:00	<p align="center">Evening Meal</p>			<p align="center">Departures</p>
20:00	-	<p align="center">Free Time</p>			