7:00 7:15 7:15 7:30 7:30 7:45 7:45 8:00 8:00 8:15	Facilitator Team: Euguen 16-May-24		ov (HUN)	Level 2 Course Sche				
7:15 7:30 7:30 7:45 7:45 8:00								
7:15 7:30 7:30 7:45 7:45 8:00		17-May-24	18-May-24	19-May-24	20-May-24	21-May-24	22-May-24	23-May-24
8:15 8:30 8:30 8:45 8:45 9:00		Breakfast, Free time						
9:00 9:15 9:15 9:30 9:30 9:45 9:45 10:00 10:00 10:15 10:15 10:30	Candidates arrive. Facilitators set up room, and check resources and facilities	Introduction 1A What is coaching. Teaching and Learning 1B (90 min)	Bike Practical (2 hours)	Swim Practical (2.5 hours)	Run Practicai (2 hours)	Group Case Study Presentations (90 mins) Break Group Case Study Presentations (90 mins)	Social Day	Departures
10:30 10:45 10:45 11:00 11:00 11:15		Writing Session Plans 1C		Change and return to classroom				
11:15 11:30		(45 mins)	Change and return to classroom		Change and return to classroom			
11:30 11:45 11:45 12:00		Training Theory and Applying Physiology 1D	siology 1D (45 mins)		Run Training Design: Designing individual and blocks of sessions 4A			
12:00 12:15 12:15 12:30 12:30 12:45 12:45 13:00		(45 mins) Lunch	Lunch	Ethical Coaching 3A (45 mins)	(45 mins) Lunch	Lunch		
13:00 13:15 13:15 13:30 13:30 13:45 13:45 14:00		Training Theory and Applying Physiology 1D (90 mins)	Bike Training Design: Designing individual and blocks of sessions 3B (2 hour)	Lunch	Run Training Design: Designing individual and blocks of sessions 4A (45 mins)	1-2-1 with facilitators		
13:45 14:00 14:00 14:15 14:15 14:30 14:30 14:45				Swim Training Design: Designing individual and blocks of sessions 2C	Peer Video Reflection 4B (45 mins)			
14:45 15:00		Break		(90 mins)	Break	1-2-1 with facilitators		
15:00 15:15 15:15 15:30		Training Theory and Applying Physiology 1D (45 mins)	Break	Break	Triathlon Holistic Planning B 2B (45 mins)			
15:30 15:45				Applying Psychology in				
15:45 16:00 16:00 16:15		Bike Technique Developing Skills, technique and tactics 2D	Triathlon Holistic Planning A 2B (45 mins)	Sessions 3D (45 mins)	Preparation time for Group Case Study (90 mins)			
16:15 16:30 16:30 16:45 16:45 17:00 17:00 17:15			Swim Technique Developing Skills, technique and tactics 1E	Run Technique Developing Skills, technique and tactics 3C		CPD and development Assessment, next steps,		
17:1517:3017:3017:4517:4518:00	Course Welcome Flexible welcome for candidates, Facilitators available	Free time, self study	(90 mins) Free time, self study	(90 mins) Free time, self study	Free time, self study	Free time		
17:45 18:00 18:00 18:15 18:15 18:30 18:30 18:45 18:45 19:00						Informal gathering		
19:0019:1519:1519:3018:3018:45	Evening Meal							
18:45 19:00 20:00 -				Free Time				