

**2024 Tashkent World Triathlon Coaches Level 1 Course - SCHEDULE**

**Facilitator Team : Alexander Kochetkov (LTU) - 2nd Facilitator TBC**

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
		28-May-24	29-May-24	30-May-24	31-May-24	1-Jun-24	2-Jun-24	
7:00	9:00	Candidates arrive. Facilitators set up room, and check resources and facilities	Breakfast, Free time					
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)	Practical Assessment Swim, Bike, Run (3 hours)	
9:15	9:30							What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)
9:30	9:45							
9:45	10:00		The Coaching Process, Teaching & learning 1C (60 min)	Evaluation and Review 2A (30 min)				
10:00	10:15							
10:15	10:30		Lunch	Lunch	Lunch	Lunch	Lunch	
10:30	10:45							
10:45	11:00		Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)	Understanding Participants 2B (45 min)	Safety & Welfare 2C (45 min)	Swim Theory 3A (3 hours)	Children & Young People 4A (45 min)	1-2-1 debrief and evaluation
11:00	11:15							
11:15	11:30		Run Theory Workshop 1E (2 hours)	Bike Theory 2D (1.75 hour)	Open Water Theory 3B (1 hour)	Improving Performance 4B (75 min)	Programme Planning 4C (90 min)	
11:30	11:45							
11:45	12:00		Guide to online learning 1F (45 min)	Transition Theory 2E (45 min)	Preparation for assessment (30 min)	Next steps - Coaching and sport development Course Close 5A		
12:00	12:15							
12:15	12:30		Course Welcome Flexible welcome for candidates, Facilitators available	Free time, self study				
12:30	12:45							
12:45	13:00		Evening Meal					
13:00	13:15	Free Time						
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