

2024 Bangkok World Triathlon Coaches Level 1 Course - SCHEDULE

Facilitator Team : TBC

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
		1-Aug-24	2-Aug-24	3-Aug-24	4-Aug-24	5-Aug-24	6-Aug-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						
9:30	9:45						
9:45	10:00		What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)	Evaluation and Review 2A (30 min)			
10:00	10:15						
10:15	10:30		The Coaching Process, Teaching & learning 1C (60 min)				
10:30	10:45						
10:45	11:00		Lunch	Lunch	Lunch	Lunch	Lunch
11:00	11:15						
11:15	11:30		Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)	Understanding Participants 2B (45 min)	Swim Theory 3A (3 hours)	Children & Young People 4A (45 min)	1-2-1 debrief and evaluation
11:30	11:45						
11:45	12:00		Run Theory Workshop 1E (2 hours)	Safety & Welfare 2C (45 min)		Improving Performance 4B (75 min)	
12:00	12:15						
12:15	12:30		Bike Theory 2D (1.75 hour)			Programme Planning 4C (90 min)	Next steps - Coaching and sport development Course Close 5A
12:30	12:45						
12:45	13:00		Guide to online learning 1F (45 min)	Transition Theory 2E (45 min)	Open Water Theory 3B (1 hour)	Preparation for assessment (30 min)	
13:00	13:15						
13:15	13:30	Course Welcome Flexible welcome for candidates, Facilitators available	Free time, self study				
13:30	13:45						
13:45	14:00	Evening Meal					
14:00	14:15	Free Time					
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						
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16:30	16:45						
16:45	17:00						
17:00	17:15						
17:15	17:30						
17:30	18:00						
18:00	19:00						
19:00	20:00						
20:00	-						