**SUBIC BAY ITU Competitive Coaching Course – Level 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Monday –January 30** | **Tuesday - January 31** | **Wednesday – February 01** | **Thursday – February 02** | **Friday – February 03** |
| 8:30 – 10:00 | INTRODUCTION  +  ETHICS Basics  (Libby/Luc) | TRAINING  (Long Term Athlete Development)  (Sergio) | TEACHING AND LEARNING  (Skill Acquisition,  Communication)  (Luc) | HEALTH AND HOLISTIC  Sport Psychology  (Libby) | SAFETY/RISK MANAGEMENT  (Libby |
| 10:00-10:30 |  |  |  |  |  |
| 10:30 –` 12:00 | *PROFESSIONAL RESPONSIBILITIES*  *(Luc)* | PHYSIOLOGY  *Performance analysis and assessment*  (Sergio) | HEALTH AND HOLISTIC  (Nutrition)  (Sergio) | TRANSITIONS  Skills and Drills  (Sergio) | CASE STUDIES  (Evaluation Sessions)  (Libby/Luc) |
| 12:00 – 13:00 |  |  |  |  | (Evaluation Sessions) |
| 13:00 – 14:30 | SWIM : 1  Theory  (Libby) | BIKE:1  Theory  (Luc) | RUN: 1  Theory  (Sergio) | PROGRAM PLANNING  (Sergio) | CASE STUDIES  (Evaluation Sessions)  (Libby/Luc) |
| 14:30 – 16:00 | SWIM: 2  Practical Swim Skills  (Libby) | BIKE: 2  Practical Bike Skills  (Luc) | RUN: 2  Practical Run Skills  (Sergio) | PLANNING  WORKSHOP  (Sergio) | CASE STUDIES  (Evaluation Sessions)  (Libby/Luc) |
| 16:00-16:30 |  |  |  |  |  |
| 16:30 -18:00 | SWIM: 3  TRAINING DESIGN  WORKSHOP  (Libby + all staff) | BIKE: 3  TRAINING DESIGN  WORKSHOP  (Luc + all staff) | RUN: 3  TRAINING DESIGN  WORKSHOP  (Sergio + all staff) | *GROUP PRESENTATION PREPARATION TIME*  *(All staff as a resource)* | ***Course Closes*** |
| 18:00 |  |  |  |  |  |

**At the end of the ITU Level 2 Competitive Coaching Course coaches will be able to:**

* *Know and understand the physiological and psychological demands of triathlon on Junior and U23’s development*
* *Outline the technical demands of swimming, biking, and running*
* *Identify and explain required skills and drills related to Junior and U23’s development*
* *Apply skills and drills related to Junior and U23’s development*
* *Design training sessions for swimming, biking, and running*
* *Evaluate Junior and U23’s development and performance in swimming, biking, and running*