

## ITU LEVEL 1 CLUB AND COMMUNITY COACHING COURSE & ITU TECHNICAL OFFICIALS LEVEL 1 SEMINAR SHARM EL SHEIKH / EGYPT - 18-21 MARCH 2013 SCHEDULE



17 MARCH SUNDAY	18 MARCH MONDAY	19 MARCH TUESDAY	20 MARCH WEDNESDAY	21 MARCH THURSDAY
	Welcome	Review questions Coaching Communication	Run theory, safety, skills, drills 60 minutes	8:00-9:30 EXAM - ITU Level 1 Club and Community Coaching 90 minutes
	Lifestyle 90 minutes	Teaching & learning 90 minutes	Run practical 60 minutes	
	Break	Break	Break	Break
10:30	Basic Physiology & LTAD 90 minutes	Nutrition 60 minutes	Basic session and programme planning Workshop Session 45 minutes	Bike/Run Design, management and officiating
			Next Steps Sport Development at home Basic session and programme planning 45 minutes	
	Lunch	Lunch	Lunch	Lunch
	Bike & Transition theory, safety, skills, drills 90 minutes	Swim theory, safety, skills, drills 90 minutes	Overall vision on Triathlon, Officiating and Officiating in Triathlon	Administration of Triathlon events. Insurance, permissions, work force.
	Break	Break	Break	Break
	Bike and Transition practical 90 minutes	Swim practical 90 minutes	Swim/Transition	Timing, results, entries, reports.
Staff Only Review Facilities, room, equip. Room prep and set up	Sports Psychology 45 minutes	Review questions Coaching Roles, Ethics & Philosophy 45 minutes	Design, management and officiating	Sport equipment.  Practice: Briefing and assignment.
	Staff Only Review Facilities, room, equip.	Welcome  History and Multisport Lifestyle 90 minutes  Break  Basic Physiology & LTAD 90 minutes  Lunch  Bike & Transition theory, safety, skills, drills 90 minutes  Break  Bike and Transition practical 90 minutes  Staff Only Review Facilities, room, equip.	Welcome History and Multisport Lifestyle 90 minutes  Break  Basic Physiology & LTAD 90 minutes  Lunch  Lunch  Lunch  Bike & Transition theory, safety, skills, drills 90 minutes  Break  Break  Break  Swim theory, safety, skills, drills 90 minutes  Break  Break  Break  Break  Break  Break  Swim theory, safety, skills, drills 90 minutes  Swim theory, safety, skills, drills 90 minutes  Break  Break	Welcome History and Multisport Lifestyle 90 minutes  Break  Break  Break  Break  Break  Break  Break  Break  Break  Basic Physiology & LTAD 90 minutes  Bike & Transition theory, safety, skills, drills 90 minutes  Bike & Transition theory, safety, skills, drills 90 minutes  Break  Break  Break  Break  Basic session and programme planning Workshop Session 45 minutes  Next Steps Sport Development at home Basic session and programme planning 45 minutes  Lunch  Lunch  Lunch  Swim theory, safety, skills, drills 90 minutes  Divided in the programme planning 45 minutes  Divided in the programme planning Als minutes  Swim theory, safety, skills, drills 90 minutes  Swim Triathlon  Swim Triathlon  Swim practical 90 minutes  Staff Only Review Facilities, room, equip. Review questions Coaching Roles, Ethics & Philosophy  Review Pacilities, room, equip.