

## SCHEDULE

### 2014 Taipei ITU Level 1 Coaching Course

	26 November - Day 1	27 November - Day 2	28 November - Day 3	29 November - Day 4	30 November - Day 5
Morning	TRAVEL  (Staff Only Review Facilities, room, equip. Room prep and set up)	<i>Athlete Safety and Welfare</i>	Swim Theory Workshop (Safety, Skills, Drills)	Improving Performance	<i>Next Steps Sport Development at home &amp; Course ends</i>
		<i>Principles of session delivery</i>	<i>Swim Practical (2.5hrs)</i>	<i>Bike &amp; Transition Practical (3hrs)</i>	<i>Personal Evaluation &amp; Feedback</i>
			<i>Preparation for Assessment (Classroom)</i>		
Lunch	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Afternoon	<i>Welcome &amp; Introductions</i>	<i>Run Theory Workshop, (Safety, Skills, Drills)</i>	<i>Open Water Swimming (Workshop)</i>	<i>Practical Assessments (swimming, cycling or running)</i>	<i>Personal Evaluation &amp; Feedback</i>
	<i>What is Triathlon Coaching? (Coaching Roles, Ethics &amp; Philosophy)</i>				TRAVEL
	<i>Understanding Participants &amp; others</i>	<i>Run Practical (2.5hrs)</i>	<i>Bike &amp; Transition Theory Workshop (Safety, Skills, Drills)</i>		
	<i>The Coaching Process (Incl. Teaching &amp; learning)</i>	<i>Evaluation and Review</i>	<i>Reflective practice &amp; opportunity to complete all required assessment tasks)</i>		
Eve	<i>Meal, Personal reflections &amp; home study</i>	<i>Meal, Personal reflections &amp; home study</i>	<i>Meal, Personal reflections &amp; home study</i>	<i>Meal, Personal reflections &amp; home study</i>	