

SCHEDULE

2015 KATHMANDU ITU LEVEL 1 COACHING COURSE

KATHMANDU, NEPAL – 17-21 APRIL 2015

LEVEL 1	DAY 1 Friday 17 April	DAY 2 Saturday 18 April	DAY 3 Sunday 19 April	DAY 4 Monday 20 April	DAY 5 Tuesday 21 April
MORNING 8:30-12:30	Welcome & Introductions	Principles of session delivery	Swim Theory Workshop (Safety, Skills, Drills)	Programme Planning Introduction (1.5hrs)	Reflective practice & opportunity to complete all required assessment tasks
	What is Triathlon Coaching? (Coaching Roles, Ethics & Philosophy)	Run Theory Workshop, (Safety, Skills, Drills)	Swim Practical (2.5hrs)	Bike & Transition Practical (2.5hrs)	Next Steps Sport Development at home & Course ends
	Understanding Participants & Others				Personal Evaluation & Feedback
12:30-13:30	Lunch	Lunch	Lunch	Lunch	Lunch
AFTERNOON 13:30-18:00	Athlete Safety and Welfare (Practical activity)	Run Practical (2.5hrs)	Open Water Swimming (Workshop)	Practical Preparation for Assessment (Classroom)	Personal Evaluation & Feedback
	The Coaching Process (Incl. Teaching & learning)	Evaluation and Review (of session coaching)	Bike & Transition Theory Workshop (Safety, Skills, Drills)	Assessments (swimming, cycling or running)	Traveling (after 4 pm)
	Long Term Athletes Development (LTAD)	Improving Performance			
EVE	Meal, Personal reflections & home study	Meal, Personal reflections & home study	Meal, Personal reflections & home study	Meal, Personal reflections & home study	