

SCHEDULE

2015 PANAMA OS - ITU LEVEL 1 COACHES COURSE

PANAMA CITY, PANAMA - 16-20 NOVEMBER 2015

LEVEL 1	DAY 1 Monday 16 th November	DAY 2 Tuesday 17 th November	DAY 3 Wednesday 18 th November	DAY 4 Thursday 19 th November	DAY 5 Friday 20 th November
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	