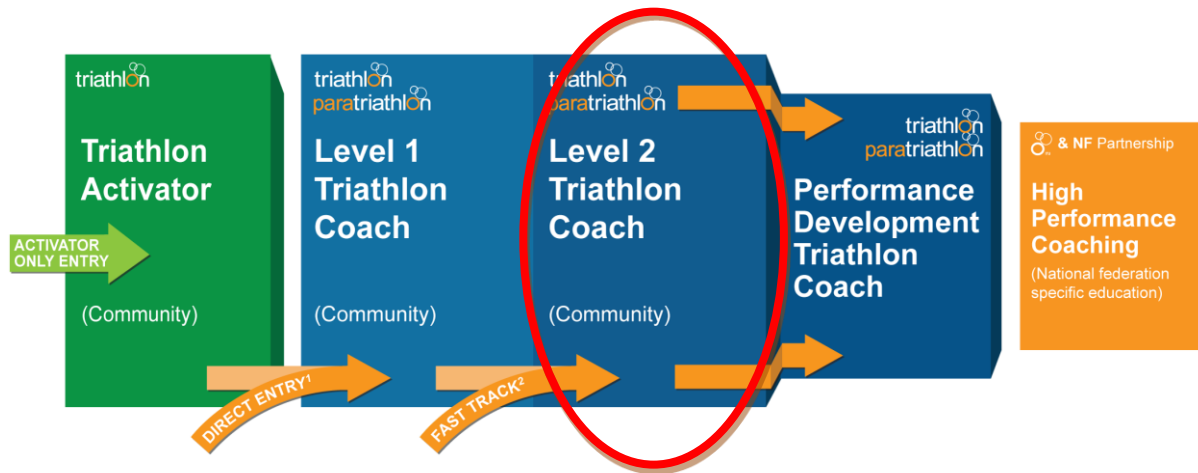


ITU Level 2 Triathlon Coach



Role Descriptor

ITU Level 2 coaches will be able to develop, implement, monitor and review a series of sessions or a coaching programme that is appropriate for club level triathletes and paratriathletes from children through to adults (Individualization or groups)

What is the ITU Level 2 coach course and what will I learn?

The L2TRI is the second coaching qualification award offered by the ITU and is aimed at people with some experience of coaching (formally or informally) and of triathlon – building on existing coaching experience in Level 1.

The knowledge gained from completing this qualification will allow you to develop an understanding of how to develop and deliver more advanced triathlon coaching practices, including individualised support. The certificate qualifies you to independently plan, deliver and evaluate triathlon related activities to groups of children and/ or adults in any of the Level 2 coaching environments, including coaching in open water environments.

This certificate focuses on producing a competent club coach who can promote the benefits of participating in triathlon, and appropriate skill acquisition through quality coaching of participants from grass roots level upwards.

Qualification Aim

To provide candidates with a high quality learning experience through an interactive course, delivered by high quality tutors and assessors. You will be introduced to the processes and principles of coaching triathlon activities to groups of children and/ or adults through the application of training science.

It offers an opportunity for triathlon coaches to be supported in developing the knowledge of how to effectively plan, conduct and evaluate a series of triathlon coaching sessions or a programme for a group or an individual.

What will I learn?

Building on the WHAT to Coach and HOW to Coach skills' from Level 1, you will start to refine how to plan a series of progressive sessions to develop technique and fitness in recreational novice triathletes (children & adults)

This will include:

- Training and Sport Science (nutrition/ psychology/physiology)
- Training periodisation
- Discipline Technical Material
- Transition techniques and skills
- Athlete safety and welfare
- Organising and delivering effective training camps.
- Open water swimming
- Injury prevention and management
- Mentoring and supporting other coaches
- Physiology of Paratriathlon

The course is supported by the ITU Online Education Hub, which contains all the information required to complete the course, and develop your own coaching knowledge and skills.

Target group of learners? – who is this course for?:

Triathlon club members (e.g., parents, school teachers, athletes) who wish to coach club level triathletes across all age groups and disciplines, including Paratriathlon.

Fast track

- **More details & criteria**

Paratriathlon +

- Addition day (half or 1) just on Paratriathlon specifics after the L2TRI course

ITU Level 2 Performance Development Coach



Target group:

Coaches who are working with performance focused athletes, who are aiming to compete at a national level, with the goal of progressing to international competition. This may include but not limited to national junior, U23, senior, age-group and paratriathletes

Inclusion on this group will be invitation only.

Competency statements;

At the completion of this program, candidates will be able to assist both individual and groups in one or more of the target segments to progress and develop to achieve their full potential.

More specifically, candidates will be able to:

- Fulfil the roles and responsibilities of a Performance Development Triathlon Coach and act in a positive and ethical manner at all times.
- Identify, develop and manage a support network to enhance performance.
- Assess and manage the risks in coaching, travel, training and competing in triathlon at national and international level.
- Develop, implement, monitor and review an annual plan that will enable triathletes to progress towards targeted personal goals.
- Develop, implement, monitor and review an integrated training program to complement the annual plan.
- Plan, organise, conduct and review evaluate training sessions in swim/bike/run and transition that complement the annual plan and are appropriate for the triathletes
- Use for the target group appropriate advanced communication skills, plus people management and problem-solving skills to create an optimal environment for day-to-day training, travel, training camps and competition.
- Provide more advanced advice and feedback to triathletes on training, complementary training and competition strategies in the areas of equipment, tactics, competition rules, nutrition, warm up, injury prevention and management, mental preparation, recovery, lifestyle management, anti-doping and safety and direct athletes to appropriate service providers for further assistance.

- Apply and manage the rules and regulations of the ITU as they pertain to all competitive triathlon events.
- Use appropriate more advanced strategies to review and analyse race courses and race performances.
- Vary plans, programs and activities to cater for individual needs and changing circumstances in a national setting.
- Critical self-reflection on own coaching practice and performance
- Support other less qualified and experienced coaches through informal mentoring
- Development Talent Programme
- Triathlon theory aiming for High Performance
- High Performance Strategic Plan