

World Triathlon

Coaches Level 1 E-Course Schedule

Period / week	Level 1 course
Pre-Course Period	2 weeks (starting from the day of enrollment)
Welcome	Welcome Webinar and Q&A: beginning of the first week of the pre-course period
On-Course Period	6 weeks
Week 1	Facilitator Open Hour #1: end of week #1 (to reflect on pre-course and week 1 studies)
Week 2	Facilitator Open Hour #2: end of week #2 (to reflect on week 2 studies)
Week 3	Facilitator Open Hour #3: end of week #3 (to reflect on week 3 studies)
Week 4	Facilitator Open Hour #4: end of week #4 (to reflect on week 4 studies)
Week 5	Swimming / Cycling seminar: during week 5
	Facilitator Open Hour #5: end of week #5 (to reflect on week 5 studies)
Week 6	Running seminar: during week 6
	Coach Dev. & Closing webinar: during week 6
	Facilitator Open Hour #6: end of week #6 (to reflect on week 6 and full on-course studies)
Post-Course Period	3 weeks
Week 7	Practical feedback and general 121 discussion: on individual dates
Week 8	
Week 9	Celebration and Graduation: end of week 9

Legend

	Event type	Duration
Webinar	Zoom Webinar	45-60 minutes
Open Hour	Zoom Meeting	60 minutes
Seminar	Zoom Meeting with breakout rooms	90 minutes
121 discussion	Zoom Meeting	20-30 minutes