

# World Triathlon

## Coaches Level 2 E-Course Schedule

Period / week	Level 2 course
Pre-Course Period	4 weeks (starting from the day of enrollment)
Welcome	Welcome Webinar and Q&A: <b>beginning of the first week of the pre-course period</b>
On-Course Period	6 weeks
Week 1	Facilitator Open Hour #1: <b>end of week #1 (to reflect on pre-course and week 1 studies)</b>
Week 2	Facilitator Open Hour #2: <b>end of week #2 (to reflect on week 2 studies)</b>
Week 3	Facilitator Open Hour #3: <b>end of week #3 (to reflect on week 3 studies)</b>
Week 4	Swimming seminar: <b>during week 4</b>
	Cycling seminar: <b>during week 4 (back-to-back with Swimming seminar)</b>
	Facilitator Open Hour #4: <b>end of week #4 (to reflect on week 4 studies)</b>
Week 5	Running seminar: <b>during week 5</b>
	Transition seminar: <b>during week 5 (back-to-back with Running seminar)</b>
	Facilitator Open Hour #5: <b>end of week #5 (to reflect on week 5 studies)</b>
Week 6	Holistic Coaching seminar: <b>during week 6</b>
	Facilitator Open Hour #6: <b>end of week #6 (to reflect on week 6 and full on-course studies)</b>
Post-Course Period	4 weeks
Week 7	Practical feedback and general 121 discussion: <b>on individual dates</b>
Week 8	
Week 9	
Week 10	Celebration and Graduation: <b>end of week 9</b>

## 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