

2018 Doha ITU Coaches Level 1 Course - SCHEDULE

Facilitator Team : Vicent Beltran (ESP)

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5																																																																														
		01-Dec-18	02-Dec-18	03-Dec-18	04-Dec-18	05 Dcember	06-Dec-18																																																																														
		Breakfast, Free time																																																																																			
<table border="1"> <tr><td>07:00</td><td>09:00</td></tr> <tr><td>09:00</td><td>09:15</td></tr> <tr><td>09:15</td><td>09:30</td></tr> <tr><td>09:30</td><td>09:45</td></tr> <tr><td>09:45</td><td>10:00</td></tr> <tr><td>10:00</td><td>10:15</td></tr> <tr><td>10:15</td><td>10:30</td></tr> <tr><td>10:30</td><td>10:45</td></tr> <tr><td>10:45</td><td>11:00</td></tr> <tr><td>11:00</td><td>11:15</td></tr> <tr><td>11:15</td><td>11:30</td></tr> <tr><td>11:30</td><td>11:45</td></tr> <tr><td>11:45</td><td>12:00</td></tr> <tr><td>12:00</td><td>12:15</td></tr> <tr><td>12:15</td><td>12:30</td></tr> <tr><td>12:30</td><td>12:45</td></tr> <tr><td>12:45</td><td>13:00</td></tr> <tr><td>13:00</td><td>13:15</td></tr> <tr><td>13:15</td><td>13:30</td></tr> <tr><td>13:30</td><td>13:45</td></tr> <tr><td>13:45</td><td>14:00</td></tr> <tr><td>14:00</td><td>14:15</td></tr> <tr><td>14:15</td><td>14:30</td></tr> <tr><td>14:30</td><td>14:45</td></tr> <tr><td>14:45</td><td>15:00</td></tr> <tr><td>15:00</td><td>15:15</td></tr> <tr><td>15:15</td><td>15:30</td></tr> <tr><td>15:30</td><td>15:45</td></tr> <tr><td>15:45</td><td>16:00</td></tr> <tr><td>16:00</td><td>16:15</td></tr> <tr><td>16:15</td><td>16:30</td></tr> <tr><td>16:30</td><td>16:45</td></tr> <tr><td>16:45</td><td>17:00</td></tr> <tr><td>17:00</td><td>17:15</td></tr> <tr><td>17:15</td><td>17:30</td></tr> <tr><td>17:30</td><td>18:00</td></tr> <tr><td>18:00</td><td>19:00</td></tr> <tr><td>19:00</td><td>20:00</td></tr> <tr><td>20:00</td><td>-</td></tr> </table>		07:00	09:00	09:00	09:15	09:15	09:30	09:30	09:45	09:45	10:00	10:00	10:15	10:15	10:30	10:30	10:45	10:45	11:00	11:00	11:15	11:15	11:30	11:30	11:45	11:45	12:00	12:00	12:15	12:15	12:30	12:30	12:45	12:45	13:00	13:00	13:15	13:15	13:30	13:30	13:45	13:45	14:00	14:00	14:15	14:15	14:30	14:30	14:45	14:45	15:00	15:00	15:15	15:15	15:30	15:30	15:45	15:45	16:00	16:00	16:15	16:15	16:30	16:30	16:45	16:45	17:00	17:00	17:15	17:15	17:30	17:30	18:00	18:00	19:00	19:00	20:00	20:00	-	<p align="center">Candidates arrive. Facilitators set up room, and check resources and facilities</p>	<p align="center">Welcome and Introductions 1A (60 min)</p>	<p align="center">Run Practical (2.5 hours)</p>	<p align="center">Bike and transition Practical (3 hours)</p>	<p align="center">Swim Practical (3 hours)</p>	<p align="center">Practical Assessment Swim, Bike, Run (3 hours)</p>
		07:00	09:00																																																																																		
		09:00	09:15																																																																																		
		09:15	09:30																																																																																		
		09:30	09:45																																																																																		
		09:45	10:00																																																																																		
		10:00	10:15																																																																																		
		10:15	10:30																																																																																		
		10:30	10:45																																																																																		
		10:45	11:00																																																																																		
		11:00	11:15																																																																																		
		11:15	11:30																																																																																		
		11:30	11:45																																																																																		
		11:45	12:00																																																																																		
		12:00	12:15																																																																																		
		12:15	12:30																																																																																		
12:30	12:45																																																																																				
12:45	13:00																																																																																				
13:00	13:15																																																																																				
13:15	13:30																																																																																				
13:30	13:45																																																																																				
13:45	14:00																																																																																				
14:00	14:15																																																																																				
14:15	14:30																																																																																				
14:30	14:45																																																																																				
14:45	15:00																																																																																				
15:00	15:15																																																																																				
15:15	15:30																																																																																				
15:30	15:45																																																																																				
15:45	16:00																																																																																				
16:00	16:15																																																																																				
16:15	16:30																																																																																				
16:30	16:45																																																																																				
16:45	17:00																																																																																				
17:00	17:15																																																																																				
17:15	17:30																																																																																				
17:30	18:00																																																																																				
18:00	19:00																																																																																				
19:00	20:00																																																																																				
20:00	-																																																																																				
<p>What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)</p>																																																																																					
<p>The Coaching Process, Teaching & learning 1C (60 min)</p>	<p align="center">Evaluation and Review 2A (30 min)</p>																																																																																				
		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch																																																																														
		<p>Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)</p>	<p align="center">Understanding Participants 2B (45 min)</p>	<p align="center">Swim Theory 3A (3 hours)</p>	<p align="center">Children & Young People 4A (45 min)</p>	<p align="center">1-2-1 debrief and evaluation</p>																																																																															
		<p align="center">Run Theory Workshop 1E (2 hours)</p>	<p align="center">Safety & Welfare 2C (45 min)</p>				<p align="center">Improving Performance 4B (75 min)</p>																																																																														
		<p align="center">Guide to online learning 1F (45 min)</p>	<p align="center">Bike Theory 2D (1.75 hour)</p>				<p align="center">Programme Planning 4C (90 min)</p>																																																																														
			<p align="center">Transition Theory 2E (45 min)</p>	<p align="center">Open Water Theory 3B (1 hour)</p>	<p align="center">Preparation for assessment (30 min)</p>	<p align="center">Next steps - Coaching and sport development Course Close 5A</p>																																																																															
<p align="center">Course Welcome Flexible welcome for candidates, Facilitators available</p>		Free time, self study																																																																																			
Evening Meal																																																																																					
Free Time																																																																																					