

**2019 Sharm El Sheikh ITU Coaches Level 1 Course - SCHEDULE**

**Facilitator Team : Viv Williams (RSA), Vicent Beltran (ESP)**

		0 DAY	1 DAY	2 DAY	3 DAY	4 DAY	5 DAY		
		25-Mar-19	26-Mar-19	27-Mar-19	28-Mar-19	29-Mar-19	30-Mar-19		
		Breakfast, Free time							
07:00	09:00	Candidates arrive. Facilitators set up room, and check resources and facilities	Welcome and Introductions 1A (60 min)	Run Practical (2.5 hours)	Bike and transition Practical (3 hours)	Swim Practical (3 hours)	Practical Assessment Swim, Bike, Run (3 hours)		
09:00	09:15								
09:15	09:30								
09:30	09:45		What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)						
09:45	10:00		The Coaching Process, Teaching & learning 1C (60 min)	Evaluation and Review 2A (30 min)					
10:00	10:15								
10:15	10:30		Lunch	Lunch	Lunch	Lunch	Lunch		
10:30	10:45		Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)	Understanding Participants 2B (45 min)	Swim Theory 3A (3 hours)	Children & Young People 4A (45 min)	1-2-1 debrief and evaluation		
10:45	11:00			Safety & Welfare 2C (45 min)					
11:00	11:15		Run Theory Workshop 1E (2 hours)	Bike Theory 2D (1.75 hour)					Improving Performance 4B (75 min)
11:15	11:30					Programme Planning 4C (90 min)			
11:30	11:45		Guide to online learning 1F (45 min)	Transition Theory 2E (45 min)	Open Water Theory 3B (1 hour)	Preparation for assessment (30 min)	Next steps - Coaching and sport development Course Close 5A		
11:45	12:00								
12:00	12:15		Course Welcome Flexible welcome for candidates, Facilitators available	Free time, self study					
12:15	12:30			Evening Meal					
12:30	12:45			Free Time					
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