

2024 Pajulahti World Triathlon Coaches Level 1 Course Schedule

See the schedule on the following page.

Legend

	Event type	Start time	Duration*
Open Hour	Optional Zoom Meeting	TBC	45 minutes
Seminar	Mandatory Zoom Meeting	TBC	60 minutes
Day #	Mandatory Face-to-Face contact day	TBC	All day

*This is the usual duration. However, it might be subject to change. Further details will be updated ASAP.

Period / week	Week	Level 1 course with 3 contact days	Related modules	
Pre-Course Period (self-study qualification period)	07 – 21 Aug 2024	2 weeks (starting from the day of enrollment) Mandatory self-study completion of the following modules is criteria to progress to the Facilitated part of the course	<ul style="list-style-type: none"> • Introduction to Triathlon • Governing body of Triathlon • What is coaching (in a triathlon context)? • Equity, Diversity and Inclusion • Working with people • Level 1 Safeguarding in Triathlon • Keeping people safe 	
On-Course Period (only those can take part, who qualified by completing their Pre-Course self-studies)	Week 1 (online)	22 Aug 24	Welcome seminar: beginning of week #1 of the on-course period (managing expectations; clarifying the on-course schedule; reflecting on pre-course self studies)	
		26 Aug 24	Sport science basics seminar: second half of Week #1	<ul style="list-style-type: none"> • Nutrition and Anti-Doping • Sport science basics
	Week 2 (online)	29 Aug 24	Facilitator Open Hour #1: beginning of week #2 (to reflect on week 1 studies)	
		02 Sep 24	Planning sessions seminar: second half of Week #2	<ul style="list-style-type: none"> • Planning and Delivering a session • Planning conditioning sessions • Terminology quiz
	Week 3 (online)	05 Sep 24	Facilitator Open Hour #2: beginning of week #3 (to reflect on week 2 studies)	
		09 Sep 24	Swimming seminar: second half of Week #3	<ul style="list-style-type: none"> • Swimming - Basics
	Week 4 (online)	12 Sep 24	Facilitator Open Hour #3: beginning of week #4 (to reflect on week 3 studies)	
		16 Sep 24	Cycling seminar: second half of Week #4	<ul style="list-style-type: none"> • Cycling - Basics
	Week 5 (online)	19 Sep 24	Facilitator Open Hour #4: beginning of week #5 (to reflect on week 4 studies)	
		23 Sep 24	Running seminar: second half of Week #5	<ul style="list-style-type: none"> • Running - Basics
	Week 6 (face-to-face contact days) 27-29 Sep 24	Day #1: Theory (morning); Swim Practical (afternoon) Practical session is followed by a small group evaluation and reflection in the evening.		<ul style="list-style-type: none"> • Sport science basics • Terminology quiz
		Day #2: Theory (morning); Bike Practical (afternoon) Practical session is followed by a small group evaluation and reflection in the evening.		<ul style="list-style-type: none"> • Planning and Delivering a session • Planning conditioning sessions
		Day #3: Run Practical (morning); Practical Assessment (afternoon); 1-2-1 debrief and evaluation (evening)		<ul style="list-style-type: none"> • Coach Development
	Post-Course Period	n/a	1 week Administration, course closure	<ul style="list-style-type: none"> • Course feedback