

2024 Cali World Triathlon Coaches Level 1 Course - SCHEDULE

Facilitator Team : TBC

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
		9-Jun-24	10-Jun-24	11-Jun-24	12-Jun-24	13-Jun-24	14-Jun-24	
7:00	9:00	Candidates arrive. Facilitators set up room, and check resources and facilities	Breakfast, Free time					
9:00	9:15		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)	
9:15	9:30							What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)
9:30	9:45							The Coaching Process, Teaching & learning 1C (60 min)
9:45	10:00		Lunch	Lunch	Lunch	Lunch	Lunch	
10:00	10:15							Evaluation and Review 2A (30 min)
10:15	10:30		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	
10:30	10:45			Safety & Welfare 2C (45 min)		Improving Performance 4B (75 min)		
10:45	11:00		Run Theory Workshop 1E (2 hours)	Bike Theory 2D (1.75 hour)		Programme Planning 4C (90 min)		
11:00	11:15			Guide to online learning 1F (45 min)	Transition Theory 2E (45 min)	Open Water Theory 3B (1 hour)	Preparation for assessment (30 min)	
11:15	11:30		Course Welcome Flexible welcome for candidates, Facilitators available					Free time, self study
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18:00	19:00							
19:00	20:00	Evening Meal						
20:00	-	Free Time						