

2024 Tashkent World Triathlon Coaches Level 1 Course - SCHEDULE

Facilitator Team : TBC

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
		18-Oct-24	19-Oct-24	20-Oct-24	21-Oct-24	22-Oct-24	23-Oct-24	
		Breakfast, Free time						
7:00	9:00	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)	
9:00	9:15							What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)
9:15	9:30							
9:30	9:45		The Coaching Process, Teaching & learning 1C (60 min)	Evaluation and Review 2A (30 min)				
9:45	10:00							
10:00	10:15		Lunch	Lunch	Lunch	Lunch	Lunch	
10:15	10:30							
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							Run Theory Workshop 1E (2 hours)
11:00	11:15		Bike Theory 2D (1.75 hour)	Programme Planning 4C (90 min)				
11:15	11:30				Guide to online learning 1F (45 min)	Transition Theory 2E (45 min)	Open Water Theory 3B (1 hour)	Preparation for assessment (30 min)
11:30	11:45		Course Welcome Flexible welcome for candidates, Facilitators available	Free time, self study				
11:45	12:00			Free time, self study				
12:00	12:15		Evening Meal					
12:15	12:30		Free Time					
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	-							