

World Triathlon Coaches Level 1 Blended Course Schedule

See the schedule on the following page.

Legend

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

Period / week	Week	Level 1 course with 3 contact days	Related modules
Pre-Course Period (self-study qualification period)	n/a	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)	Welcome seminar: beginning of week #1 of the on-course period (managing expectations; clarifying the on-course schedule; reflecting on pre-course self studies)	<ul style="list-style-type: none"> • Nutrition and Anti-Doping • Sport science basics • Planning and Delivering a session • Planning conditioning sessions • Terminology quiz • Swimming - Basics • Cycling - Basics • Running - Basics • Sport science basics • Terminology quiz • Planning and Delivering a session • Planning conditioning sessions • Coach Development • Course feedback
		Sport science basics seminar: second half of Week #1	
	Week 2 (online)	Facilitator Open Hour #1: beginning of week #2 (to reflect on week 1 studies)	
		Planning sessions seminar: second half of Week #2	
	Week 3 (online)	Facilitator Open Hour #2: beginning of week #3 (to reflect on week 2 studies)	
		Swimming seminar: second half of Week #3	
	Week 4 (online)	Facilitator Open Hour #3: beginning of week #4 (to reflect on week 3 studies)	
		Cycling seminar: second half of Week #4	
	Week 5 (online)	Facilitator Open Hour #4: beginning of week #5 (to reflect on week 4 studies)	
		Running seminar: second half of Week #5	
	Week 6 (face-to-face contact days)	Day #1: Theory (morning); Swim Practical (afternoon) Practical session is followed by a small group evaluation and reflection in the evening.	
		Day #2: Theory (morning); Bike Practical (afternoon) Practical session is followed by a small group evaluation and reflection in the evening.	
Day #3: Run Practical (morning); Practical Assessment (afternoon); 1-2-1 debrief and evaluation (evening)			
Post-Course Period	n/a	1 week Administration, course closure	<ul style="list-style-type: none"> • Course feedback