

	14 December 2016	15 December 2016	16 December 2016	17 December 2016	18 December 2016
	Day 1	Day 2	Day 3	Day 4	Day 5
9am	Welcome and Introductions (60 min)	Run Practical (2.5 hours)	Bike and transition Practical (3 hours)	Swim Practical (3 hours)	Practical Assessment swim, bike or run (3 hours)
10am	What is Triathlon Coaching? Roles, Ethics & Philosophy (60 min)				
11am	The Coaching Process, Teaching & learning (60 min)				
		Evaluation and Review (30 min)			
12am	Lunch	Lunch	Lunch	Lunch	Lunch
1pm	Principles of session delivery (inc. warm up/cool down) Include mini practical (75 min)	Understanding Participants (45 min)	Swim Theory (3 hours)	LTAD (45 min)	1-2-1 debrief and evaluation
2pm		Safety & Welfare (45 min)		Improving Performance (75 min)	
3pm	Run Theory Workshop (2 hours)	Bike Theory (1.75 hour)		Open Water Theory (1 hour)	
4pm	Guide to online learning (45 min)	Transition Theory (45 min)	Preparation for assessment (30 min)		
5pm					
Evening	Meal, personal reflection and study tasks	Meal, personal reflection and study tasks	Meal, personal reflection and study tasks	Meal, personal reflection and study tasks	Departures