

Schedule: Level II Competitive Coaching Course

Day Date	Friday 09	Saturday 10	Sunday 11	Monday 12	Tuesday 13
8:30 – 9:30	INTRODUCTION <i>Expectations</i> <i>Course overview</i>	TEACHING AND LEARNING	HEALTH AND HOLISTIC Sport Psychology	HEALTH AND HOLISTIC Nutrition 80 min	EXAM PREPARATION AND PRESENTATIONS all
9:30 – 11:00	TRAINING Physiology and Anatomy	PERFORMANCE ANALYSIS	SAFETY/RISK MANAGEMENT	STABILITY STRENGTH FLEXIBILITY Practical – How to All - 60 min	
11:00 –12:30	TRAINING Long Term Athlete Development	BIKE & TRANSITION	RUN & TRANSITION	PROFESSIONAL ETHICS AND RESPONSIBILITIES Practical	
12:30 - 14:00	Lunch /Rest	Lunch /Rest	Lunch /Rest	Lunch /Rest	Lunch /Rest
14:00– 15:30	SWIM PLANNING SESSION 14:00 – 15:30 Zekjko	BIKE PLANNING SESSION 14:00 – 15:30	RUN PLANNING SESSION 14:00 – 15:30	PLANNING EXAM WORKSHOP SESSION all	PRESENTATION OF ANNUAL PLANS AND CASE STUDIES all
16:00– 17:30	PRACTICAL SWIM 16:00-17:30 0	PRACTICAL BIKE 15:30 – 17:00	PRACTICAL RUN 15:30 – 17:00		
17:30 - 18:30	Dinner/ Off	Dinner/ Off	Dinner/ Off	Dinner/ Off	Sport Development What's Next? Discussion
18:30 –19:30		Optional Review – How to - Planning	Optional Review -How to- Planning	Optional Review -How to- Planning	