

Overview | Triathlon Development Coach Training Program

The Triathlon Development Coach Training Program aims to provide coaches with an introduction to the principles of training, and the planning, implementation, analysis and revision of triathlon coaching sessions and programs.

This training program is designed to educate and develop coaches so that they can provide a safe, ethical, enjoyable, skills based development training and preparation environment for the beginner to intermediate triathletes.

The structure of the training program provides coaches with opportunities to learn, study and be assessed for both the theoretical and practical aspects of coaching beginner and intermediate triathlon skills.

The Triathlon Development Coach Training Program has been developed by Triathlon Australia in line with the Australian Sports Commission (ASC) National Coach Accreditation Scheme Guidelines and is directly linked to the ASC Coaching and Officiating Unit standards for coaching, as a result, it is a nationally recognised coaching accreditation.

Introduction | Triathlon Development Coach Training Program

The Triathlon Development Coach Training Program is designed for, and targeted at beginner coaches who assist beginner and intermediate triathletes to develop and advance their triathlon technical skills, fitness and competition skills. The training program addresses generic coaching and its application to triathlon coaching, and teaches coaches how to nurture and develop beginner and intermediate triathletes. The accreditation allows coaches to independently plan, prescribe and evaluate triathlon training for beginner and intermediate triathletes. The work of coaches at this level will be vital in supporting new, developing triathletes and enhancing the development of existing triathletes.

The training program addresses triathlon-specific planning and evaluation, discipline [swim, bike, run and transition SBRT] specific skill development and practical coaching.

The Triathlon Development Coach Training Program consists of three [3] components [click for details]

1. [Pre Triathlon Development Coach Course Online Learning](#)
2. [Triathlon Development Practical Coaching Course](#)
3. [Post Triathlon Development Coach Course Assessment.](#)

The Triathlon Development Coach Training Program is delivered by the State/Territory Triathlon Associations [STTA] on behalf of Triathlon Australia.

Pre-requisites

Candidates are required to:

- Be at least 18 years of age
- Be a financial member of Triathlon Australia [TA]

Objectives | Triathlon Development Coach Training Program

At the completion of Triathlon Development Coach Training Program, the coach will be competent to:

- Organise, manage and conduct training sessions in swim / bike / run and transition (SBRT) appropriate to the needs of the athlete in a safe, ethical environment
- Design, develop, implement and monitor a session plan in swim / bike / run and transition (SBRT) and a seasonal plan for club level triathletes incorporating the basic components of periodisation.
- Demonstrate the ability to communicate and manage effectively with athletes of a range of abilities, ages, goals and backgrounds both in group situations and with individual triathletes.

This includes;

- Providing appropriate advice and feedback to triathletes on training and competition strategies as it relates to tactics, nutrition, warm up, mental preparation, recovery, lifestyle management and safety.
- Develop an integrated program to meet the specific needs of the club level athlete (i.e. junior, age group).

This will include;

- Developing the components of fitness incorporating the principles of training
- Developing and correcting the basic skills of freestyle swimming, cycling, running and transition
- Applying the principles of the National Junior Development Framework
- Identify the support services available to assist the development of the athlete and coach
- Develop a training program that complies with the National Junior Development Framework
- Apply the rules of triathlon as it pertains to competitive triathlon both draft legal and non-drafting

Pre Triathlon Development Practical Coaching Course Online Learning

Candidates registered for a Triathlon Development Coach Training Program will be required to successfully complete in the following online education courses prior to attending the Triathlon Development Practical Coaching Course. Certificates of Completion are generated upon successful completion of each course.

- Community Coaching General Principles Online Course | Australian Sports Commission
- Child Protection Online Course | Play by the Rules
- Harassment & Discrimination Online Course | Play by the Rules
- Level 1 Anti-Doping Online Course | Australian Sports Anti-Doping Authority
- Triathlon Development Coach Online Course | Triathlon Australia

Triathlon Development Practical Coaching Course [2-days face to face]

The Triathlon Development Coach Training Program is an interactive and practical course that introduces beginner coaches to the basics of coaching and triathlon techniques and equipment.

Candidates will be required to successfully complete the Triathlon Development Practical Coaching Course, which combines both theory and practical components of the following 11 mandatory modules.

Modules Triathlon Development Coach Training Program	
1	The Coach in Action
2	The Coaching Process
3	Swimming for Triathlon
4	Cycling for Triathlon
5	Running for Triathlon
6	Transitions
7	Fitness, Conditioning and Athlete Preparation for Triathlon
8	The Junior Athlete – Long term development
9	Planning and Programming for Triathlon
10	The Mature athlete – Issues and considerations of senior age group triathletes
11	Rules and Regulations

At the start of the coaching course, you will receive all of the resources and documents that you need during the course. You will receive feedback on your progress throughout the course and will be encouraged to develop a personal coaching development/action plan.

Throughout the Triathlon Development Practical Coaching Course candidates are required to participate in a number of swim, bike, run & transition activities with group discussion, small group and practical activities. These activities are conducted during the Triathlon Development Practical Coaching Course in order to develop their ability to effectively conduct practical coaching tasks.

The participation in these practical coaching activities is aimed at informally assessing the candidate's ability to articulate key concepts and to contribute to activities conducted during the coaching course (thus develop/demonstrate key triathlon coaching competencies). These informal assessments are used as both a learning and assessment tool throughout the Triathlon Development Coach Training Program.

Candidates are requested to dress in clothing suitable for triathlon specific practical activities and the weather, including wearing appropriate footwear. You will require a helmet and a road bike (which is in good working order and safe for participation in the cycling sessions).

Post Triathlon Development Practical Coaching Course Assessment

Upon successful completion of the Triathlon Development Practical Coaching Course [2-days face to face] you are recognised as “Triathlon Development Candidate Coach” as you still have the following Post Course Assessment tasks to complete.

Following the Triathlon Development Practical Coaching Course candidates will embark on a period of self-directed learning, written assessment tasks and practical triathlon coaching.

These assessments must be completed within specific timelines/deadlines following attendance at the Triathlon Development Practical Coaching Course.

Workbook | Triathlon Development Coach

[Deadline: 90 days]

The workbook is aimed at assessing candidates’ required knowledge and comprehension of the specifics of the sport of triathlon and coaching general principles.

Program Design | Triathlon Development Coach

[Deadline: 90 days]

Candidates are also required to design a detailed season (three month) training program for a beginner/intermediate level triathlete in the triathlon event of their choice e.g., (Sprint, Standard/Olympic, ½ Ironman [70.3] or Ironman).

The completed program must be submitted with the candidates completed workbook to the Triathlon Development Coach Training Program Coordinator

Practical Coaching Experience Log | Triathlon Development Coach

[Deadline: 6 months]

Candidates are required to undertake a minimum of 24 hours of assisting and conducting coaching sessions for beginner and intermediate triathletes under the guidance of a coaching mentor and recorded in the Practical Triathlon Coaching Logbook.

A Triathlon Development Coach candidate would NORMALLY take approximately 24 hours of coaching before they were likely to be ready for the Practical Coaching Competency Assessment.

This experience of practical triathlon coaching will assist in the preparation and development of the candidate’s ability to effectively and competently conduct practical triathlon coaching sessions.

Practical Coaching Competency | Triathlon Development Coach

[Deadline: 6 months]

The practical coaching assessment requires candidates to “Coach a triathlon specific skill to a group of beginner/intermediate triathletes”. In order to complete the task, candidates must plan, prepare, conduct and review a triathlon specific training session of at least 40 minutes duration appropriate for the needs of beginner/intermediate [adolescent/adult] triathletes.

Support is available to help you understand and complete these assessments. If you have any questions regarding these assessments, you are encouraged to contact your Triathlon Development Coach Training Program Coordinator.

Upon successful completion of all three [3] components of the Triathlon Development Coach Training Program, coaches will be recognised as “Accredited Triathlon Development Coach”.