



USA TRIATHLON
Level 1 Coaching Certification Clinic
Sheraton Keauhou Bay Resort
October 6-8, 2010
Kailua-Kona, HI



Wednesday, October 6

- 08:00 - 08:30 AM **Clinic Check-In**
- 08:30 - 09:00 AM **Introduction to USAT Coaching Certification Program**
Loryn Cozzi: USAT Coaching Certification Coordinator, USAT Level I
- 09:15 - 10:45 AM **Running Skills and Economy Training**
Sergio Borges: USAT Level III
- 11:00 - 12:30 PM **Triathlon Specific Training and Key Workouts**
Sergio Borges: USAT Level III
- 12:30 - 01:00 PM **Lunch**
- 01:00 - 02:30 PM **Coaching as a Business**
Lee Zohlman: USAT Level III
- 02:45 - 04:15 PM **Cycling Skills**
Lee Zohlman: USAT Level III

Thursday, October 7

- 08:00 - 09:30 AM **Swimming Skills and Economy Training**
Steve Tarpinian: USAT Level II
- 09:45 - 12:15 PM **Periodization and Planning**
Linda Cleveland: USAT Level II
- 12:15 - 12:45 PM **Lunch**
- 12:45 - 02:15 PM **Exercise Physiology**
Bob Seebohar: MS, RD, CSCS, CSSD, USAT Elite Coach
- 02:30 - 04:00 PM **Triathlon Nutritional Strategies**
Bob Seebohar: MS, RD, CSCS, CSSD, USAT Elite Coach

Friday, October 8

- 08:00 - 09:30 AM **Triathlon Specific Strength Training**
Bob Seebohar: MS, RD, CSCS, CSSD, USAT Elite Coach
- 09:45 - 11:15 AM **Dynamics of Coaching Youth and Juniors**
Linda Cleveland: USAT Level II
- 11:15 - 12:00 PM **Coaching Ethics/Certification Process/Exam Distribution**
Loryn Cozzi: USAT Coaching Certification Coordinator, USAT Level I