



USA TRIATHLON
Level 1 Coaching Certification Clinic
Hilton Garden Inn French Quarter
September 10-12, 2010
New Orleans, LA



Friday, September 10

- 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 **Exercise Physiology**
Bob Seebohar: MS, RD, CSCS, CSSD, USAT Elite Coach
- 11:00 - 12:30 PM **Triathlon Nutritional Strategies**
Bob Seebohar: MS, RD, CSCS, CSSD, USAT Elite Coach
- 12:30 - 01:00 PM **Lunch**
- 01:00 - 02:30 PM **Triathlon Specific Strength Training**
Bob Seebohar: MS, RD, CSCS, CSSD, USAT Elite Coach
- 02:45 - 04:15 PM **Running Skills and Economy Training**
Jeffrey Deluane: USAT Level II

Saturday, September 11

- 08:00 - 09:30 AM **Sports Psychology & Mental Skills**
Dara Wittenberg: USAT Level II, MS Exercise Physiology, CISSN
- 09:45 - 11:15 AM **Swimming Skills and Economy Training**
Ben Elder: USAT Level II
- 11:15 - 11:45 PM **Lunch**
- 11:45 - 01:15 PM **Dynamics of Coaching Youth and Juniors**
Ben Elder: USAT Level II
- 01:30 - 03:00 PM **Cycling Skills**
Justin Trolle: USAT Elite Coach
- 03:15 - 04:45 PM **Triathlon Specific Training and Key Workouts**
Justin Trolle: USAT Elite Coach

Sunday, September 12

- 08:00 - 11:00 AM **Periodization and Planning**
Justin Trolle: USAT Elite Coach
- 11:15 - 12:00 PM **Coaching Ethics/Certification Process/Exam Distribution**
Loryn Cozzi: USAT Coaching Certification Coordinator, USAT Level I