

Slowtwitch Triathlon Run Coaching Certification

The Slowtwitch Triathlon Run Coaching Certification Clinic focuses completely on run coaching primarily as it relates to the sport of triathlon. It is a 12 hour course delivered over 2 days with over half of the instruction in a field setting (track, grassy field, running path, etc.) as a hands-on coaching practicum. Attendees are taken through the progression of assessing and improving different levels of athletes in addition to learning how to test athletes and monitor progress, teach crucial elements of biomechanics and race strategy, build strength and develop fitness.

All clinic attendees are given the opportunity to get as involved as they would like during the practicums. Some attendees are needed to play the role of the athlete in various simulations and demonstrations in the field, but this is completely voluntary and not required. Volunteers are rotated so that everyone gets a chance to observe and coach. Attendees may also be asked to submit videos of themselves running for analysis, but a submission is not required, and not all submissions are used.

Topics Covered

There are 4 interactive classroom presentations and 5 hands-on practicums at the run coaching clinic. The sessions vary in length from 45 minutes to 2 hours depending on the topic. Each session is listed below with a brief summary. Please note that the content of each presentation and practicum is subject to change and can vary based on the needs of the attendees.

Coaching Beginner and Intermediate Triathlon Runners (90 minute presentation)

Beginners and intermediates are the most common athletes a coach typically encounters. During this presentation, attendees are guided through the stages of working with an athlete from initial athlete assessments to a desired skills progression. The athlete assessments address both static and dynamic assessments. The skills progression component focuses on the proficiency each level of athlete should achieve before moving onto the next element and how the skill development should be incorporated into training sessions. The focus for beginners is on running tall, head position/eye line, elbow bend and cadence. For intermediate athletes, the focus is on the knee drive, pawback and building run fitness. Common errors and corresponding corrective drills are presented as well.

Coaching Beginner and Intermediate Triathlon Runners (2 hour practicum)

Attendees are taken in the field where the previous presentation's information is enforced through hands-on training. Volunteer beginner and intermediate athletes are taken through the initial static and dynamic assessments before moving into skill and drill development work. Attendees follow along during the demonstrations and then have the opportunity to help coach and work through the different skill development drills with the volunteer athletes. The focus for beginners is on running tall, head position/eye line, elbow bend and cadence. For intermediate athletes, the focus is on the knee drive, pawback and building run fitness. Common errors and corresponding corrective drills are demonstrated as well.

Coaching Advanced Triathlon Runners (60 minute presentation)

Advanced athletes can be difficult to coach because it takes more intense training to see a modification materialize. During this presentation, attendees are guided through the stages of working with an advanced athlete from initial athlete assessments to a desired skills progression. The skills progression component focuses on how proper biomechanics reinforcement should be incorporated into training sessions as well as fitness development. The primary areas of skill development include forward lean, leg

extension, arm swing, and footstrike.

Coaching Advanced Triathlon Runners (90 minute practicum)

Attendees are taken to the field where the previous presentation's information is enforced through hands-on training. Volunteer advanced athletes are taken through the initial static and dynamic assessments before moving into to drill reinforcement work and advanced skill development. Attendees follow along during the demonstration and then have the opportunity to help coach and work through the different skill development drills with the volunteer athletes. The primary areas of skill development include forward lean, leg extension, arm swing, and footstrike. Common errors and corresponding corrective drills are demonstrated as well.

Run Video Analysis (2 hour presentation)

Video analysis is an important tool for analyzing run mechanics. In addition to providing the coach with reviewable data that helps to identify areas of improvement in real and slowed down time, it also allows the athlete to see himself, which oftentimes makes it easier to make a correction. Videos from several sources and angles are used to analyze athletes of varying abilities. Attendees may also be asked submit videos for analysis by the group. The presentation also discusses the necessary equipment and common software advantages and disadvantages. Common errors and how to best capture them on video for assessment is presented as well.

Benchmark Testing (60 minute practicum)

Athletes can only show improvement if there is a starting point from which to measure their progress. Benchmark tests provide coaches with quantitative feedback on how the athlete is responding to training. Attendees are taken through the process of assessing an athlete, determining an appropriate benchmark test for varying skill levels, and using that test to measure progress throughout training. Sample benchmark tests are provided as well as guidelines for developing ones specific to an individual athlete's needs.

Run Specific Strength and Skill Work (45 minute practicum)

Strength training is an important but often overlooked aspect of training. Equally important is having a plan for strength development that is focused on building fitness that helps to create better run mechanics and better run fitness. In this session, attendees are taken through a series of strength exercises that are specific to running for different levels of athletes. Exercises are presented for beginner, intermediate and advanced athletes.

Run Coach Training (90 minute practicum)

Attendees are given the opportunity to apply what they have learned over the last two days with real athletes in a coaching simulation. Attendees take turns playing the role of the athlete while the others coach the attendees in the field. The clinic instructor guides the coaches and provides feedback and suggestions. Attendees are rotated between the coach and athlete roles so that they have the opportunity to learn both as a coach and from the perspective of an athlete.

Open Discussion/Q&A (45 minute discussion)

The final session of the clinic is completely guided by the attendees. During this time, attendees have the opportunity to ask questions about anything related to running, run coaching and triathlon. It is an opportunity to expand on topics covered throughout the course as well as answer any outstanding questions. Attendees are encouraged to ask questions and engage in discussion to learn from one another as well as the instructor.

Triathlon Run Coaching Certification Clinic Sample Schedule

Day 1

07:30 - 07:45 AM	Clinic Check-In
07:45 - 08:25 AM	Introduction
08:30 - 10:00 AM	Coaching Beginner and Intermediate Triathlon Runners (lecture)
10:15 - 12:15 PM	Coaching Beginner and Intermediate Triathlon Runners (practical)
12:15 - 01:15 PM	Lunch
01:15 - 02:15 PM	Coaching Advanced Triathlon Runners (lecture)
02:30 - 04:00 PM	Coaching Advanced Triathlon Runners (practical)

Day 2

08:00 - 10:00 AM	Run Video Review and Analysis (lecture)
10:15 - 11:15 AM	Benchmark Testing (practical)
11:15 - 12:00 PM	Run Specific Strength and Skill Work (practical)
12:00 - 01:00 PM	Lunch
01:00 - 02:30 PM	Run Coach Training (practical)
02:45 - 03:30 PM	Open Discussion/Q&A (lecture)
03:30 - 04:00 PM	Certification Process