



**CALL TO REGISTER**

Certified by



All Level 1 certified Triathlon coaches to participate in the course:

## **Level 2 "Sport Specialization in Triathlon" online course**



### **Objective**

Development of the essential skills for the planning of a triathlon training mesocycle with a correct interconnection of load, applying the bases of theory and methodology of sports training.



## COURSE STRUCTURE

**Phase  
1**



### Content

The student completes the weekly activities, at any time and from anywhere in the world. Learning resources: books, assignments, quizzes, forums, videos, 2D and 3D graphics, games, interactive activities and live videoconferences.



**July 5 -  
December 10**

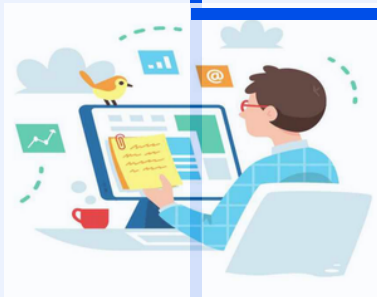
### Face to face mandatory online sessions that will take place:

June 15, 29, July 6, Aug 10,17, Oct 5, Oct 12 at 7- 9 pm Mexico City time.

*These dates are subject to change with changes in WT Competition Calendar.*

*Participants can only miss 1 session to attain certification.*

**Phase  
2**



### Macrocycle and Evaluation

The student will apply the acquired knowledge by planning a training macrocycle that must be supported and defended in the online evaluation.

**January 10 -  
January 31, 2022**

## REQUIREMENTS FOR CERTIFICATION

Phase 1. To comply with a minimum of 90% of the activities to be eligible for the second phase.

Phase 2. Fulfill 100% of the activities and have a passing grade in the evaluation in order to be certified.

*The completion of the two phases is the responsibility of the student enrolled in the course and is essential to be certified as a Level 2 coach , the failure to comply with any of the requirements set out above the Triathlon University has the power to terminate the course.*



## COURSE SYLLABUS

- Sports leadership
- Sports psychology
- Nutrition in endurance sports
- Exercise physiology
- Injury Care
- Theory and Methodology of Triathlon Training II Training Zones

## TUITION AND PAYMENT

- \$ 490.00 USD
- Payment by credit card via paypal (service charges apply).



<http://www.triatlonmexico.com/universidad/inscripcion/>

## REGISTRATION REQUIREMENTS

- To be certified in Level 1 of the Triathlon University.
- Pay the corresponding fee.
- Complete the registration process described below.

**1** Make the corresponding payment.

**2** Upon completion of the **Paypal** payment process, you will receive an email with the confirmation of your registration.

**3** We will contact you at the email address you have registered, you will receive a "*Welcome message*" **the day the course begins.**

**4** Remember that access to the course will be until **July 5, 2021.**

## Registration Process

***If you have any problems during the registration process please contact***

Claudia Beristain: [cberistain@triatlon.com.mx](mailto:cberistain@triatlon.com.mx)

*\*The applicant must register by writing down personal information without spelling mistakes, email for use on the platform and course communication also the applicant must notify any change of email to the organizers of the course.*

*\*\*It is the applicant's responsibility to verify his/her access to the course and notify any technical problems immediately.*



**Terms.**

Aspects not foreseen in registration will be resolved by the Americas Triathlon.

**SINCERELY**

**Liber García**  
President  
Americas Triathlon

**Edgar Rodríguez Torres**  
Training Director  
University of Triathlon

