



# Online Coaching Course 2024

11<sup>th</sup> to 22<sup>nd</sup> July 2024



## LEVEL 1 CFI COACHING COURSE 2024

Day	Date	Topic	Faculty
1	11 Jul 24	Opening address (1300 Hrs. to 1400 Hrs.)	
2	11 Jul 24	Advanced Strength and Conditioning	Dr. D Lamba
3	12 Jul 24	Cycling Physiology	Dr. Maxwell
4	13 Jul 24	Changes in Rules and Regulation by UCI	V N SINGH
5	15 Jul 24	Heart Rate-Based Training	Dr. Maxwell
6	16 Jul 24	Power-Based Training	Ajit Singh
7	17 Jul 24	Training Principles and Periodization	Ajit Singh
8	18 Jul 24	Performance Analysis and Feedback	Dr. D Lamba
9	19 Jul 24	Nutrition and Hydration for Cyclists	VN Singh
10	20 Jul 24	Injury Prevention and Recovery	Joginder Singh
11	22 Jul 24	Mental Training for Cyclists	Ajit Singh
12	23 Jul 24	Q & A	All Faculties
13	26 Jul 24	Written Exam – Stage 1	All Faculties
14	27 Jul 24	Interview – Stage 2	All Faculties

## Timings

11<sup>th</sup> July 2024 – 1300 Hrs. to 1530 Hrs.

12<sup>th</sup> to 22<sup>nd</sup> July 2024 – 1400 Hrs. – 1530 Hrs.



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## Note:

1. All trainees to report to Mr. Vinay Kumar and Ms. Sadhna Jha, Coordinators for attendance and any queries related thereof.
2. Trainees should have min 90% attendance.
3. All to attend the course with video on at all times else will be marked as absent.
4. Check your electronic gadgets before joining the class, any technical error on your end shall not be considered.
5. Minimum 60% marks required to pass the course and to be eligible for Stage 2/ Interview.
6. On successful completion of Stage 2 trainee will be awarded Certificate of CFI coach Level 1.
7. The successful candidates for their respective level shall be issued CFI license as per the licensing rules of CFI and terms & conditions shall be shared in due course.
8. The commissaire, who registered for the Coaching course, kindly be advised, after certified as CFI level 1 coach, shall not be eligible for duty as commissaire or any commissaire related courses including courses thereof.