

# ACT PATHWAYS PROGRAM

## Strength & Conditioning Series

The Strength & Conditioning Series has been developed in partnership with **Kieser Kingston** to provide Pathways athletes with expert guidance on strength development, recovery, injury prevention and performance management. Across three sessions, athletes will gain practical knowledge, undergo individualised strength assessments and develop the skills required to train and compete effectively throughout the 2026/27 triathlon season.

### Strength & Conditioning Session 1: Strength Testing & Training Principles

**Date:** TBC

**Location:** Kieser Kingston

**Facilitator:** Kieser Staff

**Cost:** \$25

**Time:** TBC

#### Purpose

Provide athletes with exposure to strength and conditioning practices that target the key movement patterns required for triathlon, helping to improve strength, mobility, performance and injury resilience ahead of the 2026/27 season.

#### About This Session

**Discover how targeted strength training can improve performance and help reduce injury risk.**

Join the team at Kieser for an interactive session designed for runners, swimmers, cyclists, and active individuals looking to better understand their strength profile and training needs.

During this session, our clinicians will guide you through comprehensive strength testing on Kieser's Swiss-engineered equipment and explain how the results can help inform your training, identify potential weaknesses, and support long-term athletic performance.

## What You'll Learn

- How strength influences performance in endurance sports
- Your individual strength profile through objective strength testing
- How to identify areas of weakness or imbalance that may increase injury risk
- Key strength training principles and how to structure an effective program
- Practical strategies to support long-term performance, resilience, and injury prevention

## What's Included

- Comprehensive strength testing across key muscle groups
- Personalised baseline strength report
- Education on strength training fundamentals
- Expert insights from Kieser clinicians
- Opportunity to ask questions about your training and injury concerns

## Who Should Attend?

Athletes, parents and coaches are all encouraged to attend.

*Limited bookings available!*

## Tickets Opening Soon

## ACT Bike Skills and Race Tactics Masterclass

**Date:** Saturday, 7<sup>th</sup> November 2026

**Location:** Stromlo Forest Park Criterium Circuit

**Facilitator:** Grace Thorp + James Thorp

**Cost:** \$30

**Time:** 10:00am - 11:30am

## Purpose

Develop athletes' understanding of effective bike positioning, race tactics, and draft-legal racing principles to improve performance, decision-making, and confidence in competitive race environments.

## About This Session

This session will introduce athletes to the key concepts of draft-legal racing, including pack dynamics, positioning within a group, and the tactical skills required to navigate race situations effectively. Athletes will learn how to conserve energy, respond to attacks, maintain safe riding distances, and make strategic decisions throughout a race.

Practical activities will focus on bunch riding skills, drafting techniques, cornering within a group, positioning for technical sections, and transitioning between different race scenarios. Coaches will also discuss common race tactics, including breakaways, bridging to groups, pacing strategies, and positioning into and out of transition areas.

The session aims to build athletes' confidence in riding safely and efficiently in a draft-legal environment while developing the tactical awareness needed to maximise performance and make smarter decisions on race day.

## **Bookings**

**Tickets Open:** [Now](#)

## **Strength & Conditioning Session 2: Recovery, Race Day & Niggle Management**

**Date:** TBC

**Location:** Kieser Kingston

**Facilitator:** Kieser Staff

**Cost:** Free

**Time:** TBC

### **Purpose**

Provide athletes with practical knowledge and strategies to support recovery, manage training loads and reduce injury risk throughout the 2026/27 season.

### **About This Session**

Recover well, manage training stress, and address minor issues before they affect your season. As training and competition demands increase throughout the season, recovery becomes just as important as training itself.

Join the team at Kieser for an evidence-based education session focused on helping athletes maintain performance, manage niggles effectively, and stay healthy during periods of high training load.

This practical session explores the key pillars of recovery, common warning signs athletes should pay attention to, and strategies to help maintain consistency through busy training and racing periods.

## What you'll learn

- The key components of effective recovery for endurance athletes
- How training and competition demands affect performance and recovery throughout the season
- How to identify early warning signs before minor issues develop into injuries
- Practical self-management strategies for common aches and pains
- When to seek professional support and guidance
- How to maintain training consistency during demanding training and competition periods

## Who Should Attend?

Athletes, parents and coaches are all encouraged to attend.

## Bookings

*Limited bookings available!*

## Tickets Opening Soon

# Ocean Water Swimming Skills Masterclass

**Date:** Saturday, 28<sup>th</sup> November 2026

**Location:** Black Mountain Peninsula, pending water quality

**Facilitator:** Grace Thorp + James Thorp

**Cost:** \$30

**Time:** 1:30pm – 2:30pm

## About This Session

This practical open water swim session is designed to help athletes develop the skills, confidence, and race awareness required to perform effectively in ocean swimming environments.

Athletes will learn and practise key open water techniques that can improve efficiency, comfort, and decision-making in race situations, while building confidence in varying ocean conditions.

## The session will cover:

- Open water swim safety and risk management
- Effective sighting and navigation techniques

- Race starts and positioning strategies
- Drafting skills and swim pack dynamics
- Turning around buoys efficiently
- Managing waves, currents, and changing conditions
- Pacing strategies for open water racing
- Building confidence in competitive race environments

## **Bookings**

Tickets Open: [Now](#)

## **Strength & Conditioning Session 3: Retest & In-Season Load Management**

**Date:** TBC

**Location:** Kieser Kingston

**Facilitator:** Kieser Staff

**Cost:** \$25

**Time:** TBC

### **About This Session**

Measure your progress and learn how to stay strong throughout the competitive season. Following the baseline testing completed in Session 1, athletes will return to Kieser's Swiss-engineered strength machines for a comprehensive retest. This provides a direct comparison with previous results, helping athletes understand how their strength has developed and identify areas that may still require attention heading into the race season.

The session will then focus on one of the biggest challenges athletes face during competition periods: managing training load. Kieser clinicians will discuss how to balance racing, training, and recovery while maintaining strength and reducing injury risk.

### **What you'll learn**

- How your strength profile has changed since your initial assessment
- Areas of improvement and opportunities for ongoing development
- How to structure strength training during the race season
- Strategies for balancing training, racing and recovery
- Common mistakes athletes make when preparing for key events

- How to maintain strength gains without compromising race-day performance

### **What's included**

- Comprehensive strength retesting across key muscle groups
- Comparison with your Session 1 baseline results
- Personalised feedback from Kieser clinicians
- Education on in-season load management and programming
- Practical performance and injury prevention strategies

### **Important Information**

Athletes who attended Session 1 will be prioritised for retesting opportunities.

### **Bookings**

*Limited bookings available!*

**Tickets Open:** [Now](#)