

SA PATHWAYS PROGRAM

Strength & Conditioning Series

The Strength & Conditioning Series has been developed in partnership with **Kieser Glenelg** 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: Saturday 24 October 2026

Location: Kieser Glenelg

Facilitator: Kieser Staff

Cost: \$25

Time: 3:00pm - 5:00pm

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

Limited bookings available!

Tickets Open: [Now](#)

Run Technique Masterclass

Date: Sunday 8th November 2026

Location: The University of Adelaide, Graduates Clubhouse, 155 MacKinnon Parade North Adelaide

Facilitator: Michael Nitschke + AusTri Coach

Cost: \$60

Time: 2:00pm - 3:30pm

Purpose

Offer athletes and home coaches the opportunity to work with experienced run-specific coaches to analyse movement patterns, improve efficiency, and reduce injury risk ahead of the triathlon season.

About This Session

Take your running to the next level with this interactive masterclass designed to help triathletes improve efficiency, reduce injury risk, and maximise performance ahead of the season.

Led by renowned sports podiatrist and endurance coach Michael Nitschke, athletes will gain valuable insights into running mechanics, movement patterns, and technique. Through expert analysis and practical coaching, participants will learn how small adjustments can lead to improved running economy, greater resilience, and more effective training.

Michael brings a unique combination of clinical expertise and coaching experience, holding qualifications as a Certified Sports Podiatrist, member of the Australian Podiatry Association, and Level 2 Advanced Middle & Long Distance Coach. He has extensive experience working with runners and endurance athletes, helping them optimise performance while managing and preventing injuries.

Whether you're an aspiring pathway athlete, experienced triathlete, coach, or parent looking to better understand athlete development, this session offers practical knowledge that can be immediately applied to training and racing.

Who Should Attend?

Athletes, parents and coaches are all encouraged to attend.

Tickets Open: [Now](#)

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

Date: Saturday 21 November 2026

Location: Kieser Glenelg

Facilitator: Kieser Staff

Cost: Free

Time: 3:00pm - 5:00pm

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 Open: [Now](#)

Transition & Bike Skills Masterclass

Date: Monday, 14th December 2026

Location: Edwardstown Velodrome

Facilitator: Col Smith + Aus Tri Coach

Cost: \$18

Time: 7:00am - 10:00am

Purpose

To provide athletes with the opportunity to develop and refine their bike handling and transition skills under the guidance of experienced AusTriathlon coaches, helping them build confidence, improve race-day performance, and prepare for the Super Sprint Race Weekend and other upcoming competitions.

About This Session

This practical, hands-on masterclass will focus on key skills required for successful racing, including bike positioning, mounting and dismounting, efficient transitions, race tactics, and technical bike handling. Athletes will have the opportunity to practise these skills in a supportive environment, receive individual feedback from coaches, and gain strategies to improve their performance and confidence in competition. The session is suitable for athletes of varying experience levels who are looking to enhance their racing skills and preparation.

Bookings

Tickets Open: [Now](#)

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

Date: Saturday 16th January 2027

Location: Kieser Glenelg

Facilitator: Kieser Staff

Cost: \$25

Time: 3:00pm - 5:00pm

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](#)