VIC PATHWAYS PROGRAM

Strength & Conditioning Series

The Strength & Conditioning Series has been developed in partnership with **Kieser** 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 3rd October 2026
Location: Kieser South Melbourne
Facilitator: Kieser Staff
Cost: $25
Time: 9:00am - 10:30am

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.

AUS TRIATHLON

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 Closed:

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

Date: Saturday 21 November 2026
Location: Kieser South Melbourne
Facilitator: Kieser Staff
Cost: Free
Time: 9:00am – 10:30am

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

Open Water Swim Skills Masterclass

Date: Sunday 15th November 2026
Location: Geelong College Recreation Centre, 20 Talbot Street Newtown

Facilitator: Adam Beckworth + AusTri Coach
Cost: $45
Time: 10:00am - 12:00pm

Purpose

To give athletes the opportunity to develop their open water & transition skills, under the guidance of experienced AusTriathlon coaches, leading into various VIC School Sport regional qualifiers in mid-late November, as well as the start of the 2XU Tri Series.

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

Get race-ready with this Open Water & Transition Skills Masterclass, designed to help Geelong athletes build confidence and sharpen key race-day skills ahead of the Victorian School Sport regional qualifiers and the start of the 2XU Tri Series.

Led by experienced AusTriathlon coaches, this session will focus on open water swimming and transition techniques in a race-like environment. Athletes will develop essential skills such as sighting, positioning, buoy turns, race starts, and efficient transitions, before putting them into practice through race simulation activities.

This masterclass is a fantastic opportunity for Victorian State Pathway Program athletes to train together, learn from one another, and prepare for the upcoming season in a supportive and performance-focused environment.

Bookings

Tickets Open: Now

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

Date: Saturday 30th January 2027
Location: Kieser South Melbourne
Facilitator: Kieser Staff
Cost: $25
Time: 9:00am - 10:30am

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