### 2025 – 26 Track and Field Season

11 June 2025 to 10 April 2026

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| **Date** | **Period** | **Sessions** | **Day** | **Venue** |
| 11.06.25  To  31.07.25 | General Conditioning | Conditioning/flexibility/strength  Some event specific training for those preparing for school meets.  Hurd/MD/LJ/TJ | Monday  Wednesday  Thursday | Track  Track  Track |
| 04.08.25  To  28.09.25 | Preparation Phase  Conditioning/Technique/  Strength/Flexibility/  Endurance/Plyometrics/  Event specific training | Sprints/Hurd/MD/Walks/TJ/LJ  Sprints/MD/Walks/HJ/Throws  Sprints/Hurd/MD/Walks/LJ/TJ  Sprints/MD/Walks/HJ/Throws  Hurd/MD/LJ/TJ | Monday  Tuesday  Wednesday  Thursday  Saturday | Track  Track  Track  Track  Track |
| 22.09.25  To  25.09.25 | PRE-SEASON CAMP | Residential Camp (TBC) | Mon - Thu | TBA |
| 26.09.25  To  29.09.25 | **REST** | **REST** | **REST** | **REST** |
| 01.10.25  To  23.12.25 | Competition Phase 1  Technique/Speed Endurance/Strength | Sprints/Hurd/MD/Walks/TJ/LJ  Sprints/MD/Walks/HJ/Throws  Sprints/Hurd/MD/Walks/LJ/TJ  Sprints/MD/Walks/HJ/Throws  Hurd/MD/LJ/TJ Hurd/MD/LJ/TJ | Monday  Tuesday  Wednesday  Thursday  Saturday | Track  Track  Track  Track  TBC |
| **18.12.2025** | **Club Christmas Celebration** | | | | |
| 24.12.25  To  26.12.25 | **REST** | **REST** | **REST** | **REST** |
| 27.12.25  To  03.01.26 | **Mid-Season conditioning** | **All events** |  | **Track** |
| 06.01.26  To  03.04.26 | Competition Phase 2  Technique/Speed Endurance/Speed/Strength | Sprints/Hurd/MD/Walks/TJ/LJ  Sprints/MD/Walks/HJ/Throws  Sprints/Hurd/MD/Walks/LJ/TJ  Sprints/MD/Walks/HJ/Throws  Hurd/MD/LJ/TJ | Monday  Tuesday  Wednesday  Thursday  Saturday | Track  Track  Track  Track  TBA |

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| Training Times | | |
| Track | **Monday to Thursday** | 5.30pm to 8.00pm |
| Saturday & Sunday | 11.00am to 1.00pm (Winter)  10.00am to 12.30pm (Summer) |

**Save the Date:**

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| Date | Event | Venue | Time |
| Monday 22.09.2025 to Thursday 25.09.2025 | Training Camp (TBC) | TBA | 9.30am |
| Thursday 18 December 2025 | Christmas Celebrations | VU Track | 6.00pm |
| Thursday 02 April 2026 | End of Season Celebrations | Club Rooms | 7.00pm |
| Saturday 16 May 2026 | Awards Night | TBA | 6.00pm |

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| State and National Competitions | | |
| Event | **Date** | **Venue** |
| Athletics Victoria Schools Track and Field Championship | **25/26 October 2025**  **1/2 November 2025** | **Lakeside Stadium** |
| Australian All Schools Track and Field Championship | **4 to 7 December 2025** | **Lakeside Stadium - Melbourne** |
| Victorian Country Track and Field Championships | **23 to 25 January 2026** | **Geelong** |
| Athletics Victoria State Track and Field Championships | **20 to 22 February 2026**  **27 Feb to 1 March 2026** | **Lakeside** |
| Australian National Track and Field Championships | **9 to 19 April 2026** | **TBA** |

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| International Competitions | | |
| Event | **Date** | **Venue** |
| New Zealand Track and Field Championships | **5 to 8 March 2026** | Auckland |
| Oceania Athletics Championship | **18 to 24 May 2026** | Darwin, Australia |
| World Under 20 Championships | **4 to 9 August 2026** | Eugene, Oregon, USA |