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AU\$33.65Avg. Base Hourly Rate (AUD)The average hourly pay for a Strength and Conditioning Coach is AU\$33.65 in 2025AU\$52k - AU\$103kEXPLORE BY:An early career Strength and Conditioning Coach with 1-4 years of experience earns an average total compensation (includes tips, bonus, and overtime pay) of AU\$33.26 based on 52 salaries. A mid-career Strength and Conditioning Coach with 5-9 years of experience earns an average total compensation of AU\$34.74 based on 26 ...Read moreStrength and conditioning coaches usually provide exercise counseling to athletes so they may improve their strength, speed, and endurance. They may work with individuals, small groups, or large groups such as teams, and maintenance and repair for the equipment used is also occasionally necessary.These coaches must be able to build motivation to maximize athletes' performance, and training should be administered with emphasis on correct and safe techniques and movements. They may focus on ...Read moreOur data indicates that the highest pay for a Strength and Conditioning Coach is A\$51.20 / hourWhat is the lowest pay for Strength and Conditioning Coaches?Our data indicates that the lowest pay for a Strength and Conditioning Coach is A\$25.13 / hourHow can Strength and Conditioning Coaches increase their salary? Increasing your pay as a Strength and Conditioning Coach is possible in different ways. Change of employer: Consider a career move to a new employer that is willing to pay higher for your skills. Level of Education: Gaining advanced degrees may allow this role to increase their income potential and qualify for promotions. Managing Experience: If you are a Strength and Conditioning Coach that oversees more junior Strength and Conditioning Coaches, this experience can increase the likelihood to earn more. Pay intervalThe average salary for Strength and Conditioning Coach jobs in Australia is \$82,500 per year.How do we calculate this? The green bar in this salary graph represents the most common salary range.Our insights are based on full-time salary ranges disclosed by employers on SEEK job ads.We only include salary data from jobs listed in the last three months - this ensures you get an accurate representation of market trends.Some disclosed salaries include superannuation and other salary benefits, while others don't. This varies between employers.Coaching in Athletic Performance Development Program with focus on strengthLeadership in Weights Room schedules, community engagement, and presentationsDelivery of strength and conditioning programs, especially in swimmingPosted 6d agoCoordinate and deliver S&C Sessions for clients of all agesConstruct strength, power, and endurance training schedulesRequires ASCA Level 1 qualification, Blue Card, First Aid, CPRPosted 18d agoDeliver personalized strength & conditioning training for diverse clientsCollaborate with health professionals and maintain training recordsASCA Accreditation, First Aid/CPR, fitness certification, coaching experiencePosted 3d agoSee more jobs Whether you are a hobbyist who is interested in learning a new method of training or an elite athlete who is looking for strength training in Sydney we have a service that will be perfect for you. Our strength and conditioning programs are for: Young Athletes We will start you with a Strength and Conditioning program and progress you through to a Long Term Athletic Development program. Hobbyist/Enthusiast Athletes... Wanting to improve their performance and technique. Elite Athletes We are currently working with athletes such as the Sydney FC and Sydney Thunder teams amongst other elite althletes in multiple sports. Our professional Exercise Physiologists use the newest evidence-based practices when custom tailoring a program for each of our clients. Our strength and conditioning programs are personalised to meet existing fitness levels and strength requirements, while building up to performance goals. Any good training program needs updated measures of strength and conditioning capacities, guessing is not good enough. Get in touch with our Exercise Physiologists to find out how our science based strength and conditioning programs can benefit you. Strength and power training is vital for athletes to perform their best, but it isn't only for sportsmen. Staying healthy and fit as you age is also very important. One of the best methods of staying in shape is by practising strength and power training exercises. Beginning in our thirties the human body begins to lose muscle mass which leads to aches and pains, and an increased risk of injury. The older our bodies get the quicker our muscle mass disappears. This loss makes it harder for us to perform simple everyday tasks like climbing stairs and standing up. Our strength and conditioning facilities in Sydney can benefit anyone at any age. You will build muscle, boost endurance, increase speed and improve reaction time. A strength and conditioning program is the first step in preparing for an effective training program. It will enhance performance and reduce the chance of injury. Conditioning will vary depending on your current training program and generally has several different components which include: You can talk to one of our Exercise Physiologists about a strength and conditioning program to improve your sport performance. Long Term Athletic Development takes into consideration the stages of development and long-term prospects. With skill development, you are able to improve and develop certain physical and mental attributes that you can use in sports as well as your everyday life. This is ideal for young athletes and people wanting to create habits that will benefit their training and performance long term. Training consists of evaluation, planning, execution, and monitoring. Planning and monitoring are essential for keeping training on track. Monitoring progress increases the effectiveness of training. Strength and fitness testing consists of a series of exercises that are used to evaluate your health and physical status. Testing can be done for medical purposes as well as general health and fitness purposes. Our Exercise Physiologists will run testing as the basis for developing a suitable strength and conditioning program for you. Contact SSEP To Discuss Your Strength and Conditioning Needs Our Exercise Physiologists use the latest sport science technology to create a tailored strength and conditioning program for you. These programs are more than your average training program that you would get from a personal trainer. Our science based programs are developed specifically to see you achieving your goals with the correct techniques, exercises and time frames for you. You'll see many benefits from our strength and conditioning programs in Sydney such as: Long term lifestyle changes There is no better time to begin strength and conditioning coaching in Sydney than right now. If you are looking to improve your workout, inspiring to be a better athlete or want a better quality of life, we would love to meet with you and help you improve your overall well-being. The sooner you start the quicker you will feel better, look better and have a healthier life. Book an appointment today for strength and conditioning coaching in Sydney at your preferred location. × Salaries based on experience level AUD \$49K - 65K Entry Level Experience AUD \$50K - 77K Mid Level Experience AUD \$54K - 101K Senior Level Experience The Average Entry Level salary of Strength and Conditioning Coach in Australia is AUD \$56K/yr, this salary increases 6% to \$59K/yr when reach Mid Level Career. From Mid to Senior Level the average salary increases 29% from \$59K/yr to \$77K/yr. AUD \$49K - 70K/yr AUD \$36K - 117K/yr Strength and Conditioning Coach in Australia Salary vs Australia National Average Salary The Average Salary of Strength and Conditioning Coach in Australia is \$58K/yr. This is -20% lower (\$-14,812) compared to Australia national average salary of \$73K/yr. Skip to content