



RUNCAMP 18!

Welcome. Every year this Runcamp provides the ultimate run training experience and in 2018 its set to be the best yet. Expressions of interest ran hot and we have 43 confirmed runners for this year's camp. All levels and from many locations.

Join leading distance runner and Coach Vlad Shatrov, 7 experienced and highly accredited run training coaches from Runlab and Runlab partners HOKA, Pace Athletic and Air Relax Australia for edition 3!

Vlad has represented Australia on numerous occasions in Triathlon and Running and in 2017 won the Pace UTA 22 in record time. In 2013 Vlad also won the inaugural UTA 50. Vlad also took out 6-foot track in 2017 in what was an epic run with Courtney Atkinson. Vlad is the official trainer of the Blackmore's running festival and completed his first 100km race breaking the previous GNW100 race record last year. In short – you will be coached and guided by one of the leading run Coaches and Athletes in Australia. “To have you come and join me with my Runlab coaches and partners is a privilege. This camp is a key part of my own preparation for what I'm planning will be an incredible 2018 including Tarawera 102km, Comrades Marathon, 6-foot track and UTA22. Like you I have to prepare well if I am going to run near my potential”.

In fact all of our Coaches are highly accredited runners and or athletes in their own right too having completed Ultra Marathons right through to Triathlons to the highest level.



This is a resource you are encouraged to tap into during the event. FYI specifically doing UTA in 2018 in the Coaching ranks are

Justin, Renae, Luca 100km

Vlad, Mitch, Scotty, 22km

What

RUNCAMP18

Where

Katoomba, Blue Mountains NSW Australia. **YHA Katoomba**
207 Katoomba St, Katoomba NSW 2780 **Phone:** (02) 4782
1416

When

Saturday 13th – Sunday 14th January 2018

Schedule

FRIDAY FRIDAY - Coaches Day		SATURDAY SAT DAY 1		SUNDAY SUN DAY 2	
6:00		6:00		6:00	
7:00		7:00		7:00	
8:00		8:00	ATHLETE PACK. Conference Room of the YHA. Just behind reception - Your gear can be left here and collected when you check-in post run #1.	8:00	RUN SESSION 3-UTA 22 Course with 3 Group Levels. C Group will start 5:30am to ensure all runners can cover the course.
9:00		9:00	9:00am Depart YHA travel in groups to Run session 1	9:00	
10:00		9:30	RUN SESSION 1- 6 Foot Track - Includes options for 3 levels of runner! Includes Fire Trail, Single Track and Hills	10:00	
11:00			Return to YHA	11:00	BREAKFAST FROM 10am - Provided
12:00		13:00	LUNCH - Provided	12:00	12:30pm SEMINAR #2 PACE GEAR TALK and RUNNERS EXPO
13:00		14:00	Runners Check in!	13:00	
14:00		15:00	2:30PM SEMINAR #1 NUTRITION FOR RUNNERS	14:00	Camp Wrap up
15:00	Setup conference room	15:00	Depart 3:30pm RUN SESSION 2. A Steady 30 - 40 minute easy paced run optional prior to Recovery.	15:00	
16:00	Coach briefing	16:00	16:30PM RUN RECOVERY Katoomba Aquatic Centre	16:00	
17:00		16:30		17:00	
18:00		19:00		18:00	
19:00		20:00	Day 2 Prep Meet Conference room 7:45PM	19:00	
20:00	Night run session. Not officially part of the Camp sessions. 7pm sharp start YHA	21:00		20:00	
21:00				21:00	

Inclusions

8 Coaches – 3 running sessions – expert guidance, knowledge and preparation for any running event with a focus on the UTA course and the 6 Foot Track course.

1 Nights Accommodation at Katoomba YHA. Note accommodation is clean and comfortable dorm style rooms with clean-shared bathroom facilities. A Kitchen is available for storage and meal preparation for any additional meals



2 full days of training

2 educational seminars.

1. Nutrition for endurance events, by accredited sports dietician REBECCA WILLIAMS “Nutrition for runners, what to eat to improve performance
2. Gear and Mandatory gear, by Pace Athletic Stu Sleeman.

Lunch Day 1 and breakfast Day 2 (After your run)

HOKA footwear testing and demo

PACE onsite runners stall setup in the conference room (Sunday post talk)

Runlab/Pace collaboration event only Long Sleeve top

Cost and Entry.

Cost is \$339 and entry is available on the Runlab Website under EVENTS <http://runlab.com.au/events/runcamp/>



As official UTA affiliated Coaches – Runlab has 10 guaranteed entries into UTA 2018. Yes even though the 50km and 100km events are already sold out – We can still get you into UTA 2018. Note that the entry fee still has to be payed by you. These can be claimed by emailing vlad@runlab.com.au after you have entered the camp and will simply be offered in order until all 10 are taken.



STANDARDS*

Experienced and Novice runners will be at the Camp and we will split the groups to maximize your training effect. The running sessions however are still challenging for all groups and as such you should be running regularly in the lead-up to the Camp to get the most of it and not get injured. If you are unsure of being able to complete the Pace UTA 22km run course on the Sunday, speak to vlad@runlab.com.au (0421003040) prior to entry please.