

RUNLAB TERM 4 2017 – Quick guide

Please take a quick minute to review our Term 4 offerings with details for all our sessions below.

NEW RUNNERS

1. Setup your profile
2. Purchase your services to attend your groups
3. Book into your classes with your credit – select recurring to book for the whole Term
4. ADD your \$49 joining fee (that's a once off)
5. Email info@runlab.com.au telling us your preferred training singlet size so we can get this to you at the start of the Term

RETURNING RUNNERS

Ensure you complete Steps 2 AND 3 above please!

A huge welcome back to our regular runners and the sincerest of welcome's to those just starting the Runlab journey. I'm Vlad Shatrov from Runlab. Runlab is about bringing quality run training sessions with added benefits, to those wanting to improve but more so to those looking to try and become the best runners they can be, summarised by our favourite quote "Achieveyourimpossible".

You love it right, so why deny yourself the opportunity to hit your peak? So even if you need to recharge – don't drop your key sessions. So welcome back to Term 4! Our 2018 starts now team.

My personal running journey and associated education can be found by following these pages

Instagram: Vladdy_runlab https://www.instagram.com/vladdy_runlab/

Twitter: @runlabvlad

Facebook: <https://www.facebook.com/VladShatrovRunner/>

REDUCE YOUR IMPOSSIBLE RUN LAB

TERM 4

11WK TERM

5 WK BUILD | 1 WK RECOVERY | 5 WKS PROGRESSION

OPENS 22ND SEPT - STARTS 9TH OCT

EXCITING NEW FORMAT DEVELOPED BY AUSTRALIAN ELITE RUNNER AND HEAD COACH VLAD SHATROV

STRUCTURE | SUPPORT | EXPERIENCE

What's new this Term?

There are changes every term as we evolve and best accommodate our runners. We have the following changes in Term 4.

Return of Mytrailgroup and additional trail sessions.

New 11 Week Term. In Week 6 we give you a chance to recharge and absorb prior training. Alternate sessions will run in Week 6 these may or may not be at the time, location or day you normally train in the other weeks of the Term

Additional groups in the Hunter (see the Term 4 timetable below)

Expanded online store. The Runlab online store currently offers a selection of training and casual Runlab clothing for purchase by runners. The range will increase over time in both style and design/colour and currently includes Buffs, Caps, Singlets and Hoodies. Runners can select to have the item posted out (at cost) or collect from their local rungroup location.

A “Heads-up” future expected changes.

A new term. Traditionally we have had a longer break over the Christmas/New year period. This is too disruptive to training schedules for many runners who actually find this an ideal time of the year to train. We will be running a shorter Term of 4 weeks in January 2018. A reduced number of sessions will run, but there will be the option to train throughout January for all our runners. In this 4 week block which commences the week of the 1st January there will be three sessions a week offered in the Hunter including Trail session, Regular Myrungroup session and a Young guns session. We hope to offer a sessions in Sydney too.

RUNCAMP. Our annual training Camp perfect for ALL runners returns in January 2018. Lock in Saturday 20th January. 1 Night 2 days of the best running on offer

SINGLE TRAINING DAYS. We call these Super sessions. There will be one in December and one in February in the lead up to 6 Foot Track and UTA to help runners prepare.

Session Costs and Packages?

Sessions and access to the benefits cost from as little as \$11.90 per session with multiple options available

A Myrungroup Term is \$199 for 1 session per week
Add the Double up option for \$49 to do 2 sessions of Myrungroup a week.
This is the same for Runstrong and the Tuesday Maroubra Mytrailgroup.

If you Mix and Match please ensure you select the correct payment options. I.e. if you do a Myrungroup and a Runstrong a week it will be \$199 plus \$149.

Mytrailgroup is a little more unique. Apart from the Maroubra Mytrailgroup session, which is a standard single Coach, 75 minute session. All other Mytrailgroup sessions are \$275 for a Term and \$35 for a casual. This partly offsets the additional time, resources and National park fees.

You can however still take advantage of these offers if you enter a **Mytrailgroup Term** (Runstrong for \$149 and or adding a weekly myrungroup for \$149). But only if it's a Full Term of the 10 weeks not the 5 Pass. The exception Mytrailgroup Maroubra where customers can do this for \$199 and add another Myrungroup for \$49.

New in the Hunter and Sydney we have Saturday sessions!

Sydney

5 weeks at Sutherland and 5 weeks at Manly. This alternates weekly. And the first session in Week 1 will be in Sutherland, Week 2 Manly, Week 3 Sutherland and so on. Casual sessions \$35/Term \$249/5 pass \$139.

Hunter

Every second Saturday for 5 sessions starting in Week 2
Casual sessions \$35/5 Pass \$139.

Note: Doing the 5 Pass option in Sydney and the Hunter WILL NOT qualify you for taking an additional full Term of Myrungroup for the \$149 option, The \$199 option is to be used here.

Stand-alone Run recovery and Run Yoga are \$149 per Term. If one or both of these classes are attended and you already do Myrungroup/Mytrailgroup/Runstrong they can be added for only \$99 a term.

Young Guns our run session for those runners between the ages of 8 to 13 is \$129 a Term, with double options also available for an additional \$49.

Session types?

See more detail by following the links

MYRUNGROUP

<http://runlab.com.au/myrungroup/>

MYTRAILGROUP

<http://runlab.com.au/mytrailgroup/>

RUNSTRONG

<http://runlab.com.au/runstrong/>

MYRUNGROUP - ELITE

<http://runlab.com.au/myrungroup/>

YOUNG GUNS

<http://runlab.com.au/myrungroup/young-guns/>

RUN RECOVERY

<http://runlab.com.au/run-recovery/>

RUN YOGA

<http://runlab.com.au/run-yoga/>

Term 4 Timetables

SYDNEY

MONDAY	TUESDAY	TUESDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MYRUNGROU DOMAN	MYRUNGROU ROZELLE	MYTRAILGROU P NARDEBRA	MYRUNGROU NORTH SYDNEY	MYRUNGROU P DOMAN	RUNSTRONG BROADWAY	MYRUNGROU ALEXANDRIA	MYTRAILGRO UP MARLY
6:30pm	05:45AM	05:45AM	6:30 PM	12:30 PM	6:00 AM	05:45AM	6:30 AM

HUNTER

MONDAY	MONDAY	TUESDAY	TUESDAY	TUESDAY	TUESDAY	WEDNESDAY
MYRUNGROU LAKE MAC	RUNSTRONG NEWCASTLE CBD - LynAdam	MYRUNGROU MEREWETHER	NEWCASTLE YOUNG GUNS	NEWCASTLE ELITE	MYRUNGROU P NAITLAND	RUNSTRONG NEWCASTLE MAYFIELD - Breaking Boundaries
Standard Group		SUPER GROUP (2 Coaches)			SUPER GROUP (2 Coaches)	

WEDNESDAY	THURSDAY	THURSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RUNYOGA NEWCASTLE MAYFIELD - Breaking Boundaries	MYRUNGROU JESMOND	NEWCASTLE YOUNG GUNS	MYTRAILGROU P NEWCASTLE	RUNSTRONG NEWCASTLE MAYFIELD - Breaking Boundaries	MYTRAILGRO UP NEWCASTLE	RUNRECOVER Y MAYFIELD/ME REWETHER
			SUPER GROUP (2 Coaches)			
8:45 PM	05:45AM	4:00 PM	5:30 PM	5:30 AM	6:00 AM	4:00 PM

SYDNEY SOUTH

THURSDAY		SATURDAY
MYRUNGROUP SUTHERLAND		MYTRAILGRO UP SOUTH
05.45AM		6:00 AM

Joining

To book into the term and manage your sessions go to the Enrol button on the top menu of the Runlab website, or select any of the “Enrol” links on the other website pages. This will allow you to create a profile and register for the term by purchasing your desired running groups /services. You will return here to manage any future purchases and services. This account management and registration platform is run through a third party provider “Mind body online” and payment references show as EZIDEBIT (On your bank statement).

<http://runlab.com.au/enrol/>

EVENTS

ENROL

CONTACT



[The 3 Step enrol process](#)

1. Choose your group/s and create your profile

When you have decided on your desired groups and how you want to pay (i.e. straight up or Contracts) simply access your Runlab Mind body profile <https://clients.mindbodyonline.com/classic/ws?studioid=181924>. Setup a profile (if you are new) and book your desired classes.

2. Pay for your group/s

Once off Joining Fee

There is a “one off” \$49 Joining fee for new Runlab customers. Included in this you will receive the Black and Yellow technical running training singlet. We will also capture your runners profile to share with the Coach of your group allowing an understanding of your exercise history but more importantly in a position to maximise your desired outcomes. If joining a full term for the first time add the joining fee go to online store/Services/Appointments and select the \$49 Joining fee. Post registration if you have joined for the first time please email info@runlab.com.au with your desired singlet size and we will arrange for it to be available at your first group session.

Go ahead and purchase your other desired services either through upfront payment for the entire term or setting up the appropriate level membership (Further explained below)

3. Enter your group

The last step is then adding yourself to a class. This is the most important step, especially in the first week of a Term. Buying your group gives you credits, these credits are used to attach yourself to a class – See the Schedule. This allows us here at Runlab to see how many people are going to each of the sessions.

Types of Contracts explained

To book your desired classes you can either pay for the entire term of 11 weeks upfront or choose the contract option.

If you choose the contract option there are up to four levels. Each level allows you to pay in either monthly payments (3 times) or weekly repayments (12 times), the difference in price paying by contract as compared to straight up are marginally more expensive. After the 3 months the contract expires and will need to be purchased again the following term. The contract levels are. **IF YOU ARE DOING MYTRAILGROUP in any format except the Maroubra Tuesday session, you cannot pay for this with contracts!** You either have to pay Casual or the full Term. However if your doing Mytrailgroup Contracts can still be used for your other Runlab sessions.

BASE

Base is if you only do 1 session a week. This can be Myrungroup or Runstrong. Base Monthly is if you want to pay the term over 3 Monthly pays. Base Weekly is if you want to split over 12 weekly pays.

PROGRESS

Progress is if you only do 2 same sessions a week. This can be 2 Myrungroup or 2 Runstrong sessions per week as an example Progress Monthly is if you want to pay the term over 3 Monthly pays. Progress Weekly is if you want to split over 12 weekly pays.

EXCEL

Excel is if you only do 2 different sessions a week. This can be Myrungroup and and Runstrong for example. Excel Monthly is if you want to pay the term over 3 Monthly pays. Excel Weekly is if you want to split over 12 weekly pays

REAL VALUE. RUNLAB MEMBER BENEFITS & PARTNER OFFERS

By signing up to a Term you are automatically eligible to receive the impressive benefits that are a part of being a RUNLAB member. Along with the structure and delivery of our sessions this sets us apart from other running groups. Benefits include:

Discounted race entries to those events we are the official training partners for including Sydney Harbour 10km/5km, Blackmore's Sydney Running Festival, iStadium Run Newcastle and ITrail Run Glenrock, Thunderbolt Trail race and more

We will continue to offer Partner benefits. These are always being updated and will be fully updated for the start of the term.

<http://runlab.com.au/partners/>

TIME TRIAL SUPER SESSIONS

At the end of the Term (scheduled to best fit in with in with any possible targeted events) we run one 3km time trial only per area. We do this to allow for as many runners as possible to come together and run against eahother in a friendly

competetive environment. It also allows runners to meet runners from other groups that they wouldn't necessarily see through a term

Dates are communicated within weeks 1-5 of the Term so that you have time to be organised for that week.

Thanks to our valued partners we have an allocation of prizes awarded in the Term ending super session. The value of these packs is significant and can range up to over \$300 in value. Now that's pretty special. For each of the three groups Sydney CBD, Sydney South and Newcastle we have a minimum of Male/Female Time trial winners AND 2 coaches awards*. The award changes based on partner allocation.

*Time Trial and Coach awards terms and conditions

Cannot win fastest TT in consecutive terms and once yearly!

If your in the Elite group your time wont impact other runners receiving fastest TT and you will receive a separate award at Runlabs discretion and there may or may not be separate Elite awards.

Must have entered a full term (not casual) AND enter the following Term when the prizes will be given

Super session – there must be a minimum of 3 Male and 3 Female runners for awards to be allocated to that group.

HOW TO BEST STAY UPDATED

Homepage.

<http://runlab.com.au/>. Scroll down a little until you see the timetable, on here is our weekly timetable of classes running this week in the Hunter and Sydney. If you click on a class it takes you to a page detailing information like the Coach and where to meet.

Importantly from week to week individual session meeting locations may change. This is noted in the “Weekly sessions updates” blue box (see below) and detailed in the weekly e news. What we mean by this is that for a particular group may change can be quite different. I.e. we may do flat repeats one week and the next hill repetitions. Sometimes the meeting spot for the session will not be where the group “Usually” meets. If there is going to be a change then it will always be listed in the weekly E News (you get this prior to your training week) and it will be listed directly under the timetable in the blue information box labelled “Weekly session updates”

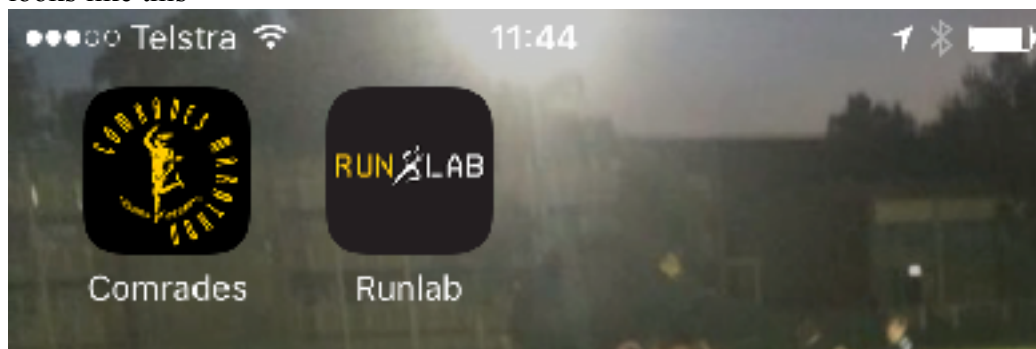
Example



You can always join our Facebook pages, and you will get a weekly e-news update too

Our Runlab customised Mind Body APP is available. This will allow us to “Push” an important messages to those runners with the APP installed in real-time direct to your phone – i.e.: If we have to cancel a session due to a weather warning or offer you a promotion. Download it for FREE off the App store.

The Runlab App. This is available for both Apple and Android users and the icon looks like this



Instagram: <https://www.instagram.com/runlabhq/>

Twitter: RunlabHQ

Facebook: <https://www.facebook.com/MyRunlab/> is the main page. Then each group has its own page, which is worth “Liking”

TERMS AND CONDITIONS

<http://runlab.com.au/myrunlab/faq/>