



TERM 4

FACT SHEET

TERM 4 2018 – FACT SHEET

Welcome to the Term 4 Fact sheet. Returning runners will get a summary of session changes and key updates. New runners will get a summary of all the important things that you should be aware of before the Term kicks off. In this fact sheet, follow the interactive links to our website for further details.



A MESSAGE FROM VLAD

Dear runners,

Welcome and welcome back! At Runlab, we strive to be the leading training group and resource for runners. There is always a lot going on and Term 4 is no exception.

We will be introducing a more comprehensive package of products and services that are offered exclusively to our Term runners to complement your run training.

Term 4 is always exciting because the Seasons change and we look ahead to those warmer days of increased daylight hours. 2019 challenges and goal events formalise, and if you are focused and organised now – 2019 for you as a runner will bring you much success.

A question I hear others mention very frequently is this “Is Runlab only for ELITE runners”? I can honestly tell you: NO, it isn't. What is does require however is the mindset and commitment of an Elite athlete. We have groups of varying levels and different types of sessions, however we demand effort and commitment if you want to improve.

Vlad Shatrov
Runlab - Director | Coach | Developer

 [@Vladdy_runlab](https://www.instagram.com/Vladdy_runlab)  [VladShatrovRuner](https://www.facebook.com/VladShatrovRuner)

 [@runlabvlad](https://twitter.com/runlabvlad)

Am I good enough to train with Runlab?

Yes, we have sessions that cater to all levels of running. We like to follow the principle that if you are driven and really want to improve, you have come to the right place. We have standards, which can be viewed under [Myrungroup](#) and [Mytrailgroup](#)

When and where are the groups?

We train before and after work most days, and days can vary to suit your lifestyle

– i.e. 1 week you may choose a Monday session and the next have to train on Wednesday as an example. Also most of our serious runners pickup the 2 run sessions a week option and bundle it with a Runstrong or other product.

Will I learn to become a faster and better runner?

Absolutely! we'll not only push and motivate you in the group but we will teach you exercises that will make you more efficient with your running

JOIN NOW FOR \$49 ONLY!

"RECEIVE A RUNNERS PROFILE" + "INTRO PACK"

INCLUDES YOUR TECHNICAL RUNLABSINGLET"

> ENROL TERM 4

CURRENT SESSIONS **TERM 4 2018.**

Which session is right for you? See more detail on our specific sessions by following the links

[MYTRAILGROUP NEW FORMAT!](#)

To improve and prepare for upcoming events. Guaranteed results. Our 75-90 minute dynamic interval based running session – running on the trails. For any runner looking to improve, prepare for upcoming events. Guaranteed results following our proven structured sessions

[RUNSTRONG. NEW ULTRA SESSION!](#)

Our 60-minute dynamic functional based gym session – For any runner who wants to prevent injury, return from injury and improve the efficiency of their running. The missing piece to your continued running success now with the introduction of Runstrong Ultra for endurance event specific training.

[MYRUNGROUP](#)

To improve and prepare for upcoming events. Guaranteed results. Our 75-minute dynamic interval based running session – running on the track and ovals. For any runner looking to improve and prepare for upcoming events. Guaranteed results following our proven structured sessions



RUNRECOVERY NEW FORMAT!

To recover and prepare for upcoming sessions and events. Our 75 minute active recovery session – run from “The Concept”. For any runner with serious running goals this session promotes recovery and minimizes injury risk. A Spin bike component followed by stretching/release component is immediately followed by ice baths and/or Sauna.

RUNTECHNIQUE NEW SESSION!

To focus on improving a certain running skill. A one off session allowing runners to be educated in various running techniques. Participants will be shown then put into practice that particular skill with coaching provided to help improve. Offered 3 times during Term 4 2018

MYRUNGROUP ELITE

Our Myrungroup session for Elite runners. Invite only with standards of sub 10:30/10:00 minutes for Female/Male runners over 3km.

YOUNG GUNS

To learn sound fundamentals of running form and technique and improve your running. Guaranteed results. Our 60-minute dynamic interval based running session for young runners between 7-13 years of age – running on the track and ovals. For any young runner looking to improve and prepare with a focus on distance running. Guaranteed results following our proven structured sessions.



TIMETABLE

[The timetable of sessions is available here:](#)

Myrungroup

→ There is no Thursday morning or Thursday evening Myrungroup. This is replaced by Mytrailgroup at those times.

•• A Monday evening 5:30pm class replaces Budgewoi Tuesday morning.

Myrungroup Plus – This includes 30 minutes of Runstrong exercises immediately following the Myrungroup session.

Mytrailgroup

→ Maroubra Tuesday session will remain a Mytrailgroup session

→ Mytrailgroup sessions recommence in the Hunter and Central Coast joins us for the first time. See the timetable

Runrecovery

→ Returns on a Friday morning from “The Concept”

Runstrong

→ Monday UpnAdam pm is replaced by Monday 6:30pm Runstrong at “The Concept” in Highfields

•• The Wednesday 5:30pm at “The concept” now starts at 6:15pm. Note: There is an unofficial run from the gym commencing at 5:20pm for those interested. Run at your own pace for up to 45 minutes making this a great session.

•• Runstrong Ultra runs at 3pm Sunday at “The concept”. This new and exciting session is specifically placed on a Sunday afternoon to be completed in a fatigued state post weekend training. Similar to the usual Runstrong class but with an emphasis on a heavier weights component supercharging recovery and building added endurance adaptations for those tackling longer events.



UPCOMING EVENTS

NYC Marathon November 2019

Runlab has partnered up with Adventure Time Travel to offer guaranteed entry into the NYC Marathon 2019.

His and Her Time, Adventure Time was established with the aim of taking people all over South Australia, Australia and the world to participate in team events, running events, hikes and marathons. *His and Her Time, Adventure Time's* goal is to turn participants' goals into reality.

"Co-ordinating events and marathons is not just a job to us; it is our passion!"

Participate with *His and Her Time* in the 2018 TCS New York City Marathon and have the TIME OF YOUR LIFE!
Details released October 2018



RUNCAMP 2019

Our ever popular training camp running on sections of the UTA and 6 Foot Track courses. Held the second week in January, this Camp is the perfect running training break to get you setup for 2019.

SUPER SESSIONS

Single training days, we call these super sessions. Runlab holds these in multiple locations throughout the year as “one off” sessions. Each one is unique and has a specific purpose.

Super Session Term 4 more details coming soon,

[Details on website](#)

TERM 4 TIME TRIAL


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 each other in a friendly competitive 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

An individual cannot win fastest TT in consecutive terms and only once yearly! If your in the Elite group your time won't impact other runners receiving fastest TT and you will receive a separate award at Runlab's 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. In each super session there must be a minimum of 3 Male and 3 Female runners for awards to be allocated to that group.

A photograph of three trail runners in a forest. In the foreground, a woman with blonde hair in a braid, wearing a black and yellow RUNLAB cap and a black athletic top, is running. Behind her, a man in a blue shirt and a woman in a blue cap are also running. The background is a blurred forest scene.

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:

- Invite into private groups allowing additional coaching support for all Term 4 runners
- Member only rates at Pace Athletic, Isowhey Sports, Salomon, Suunto, Lebent, Compeat Nutrition
- Discounted race entries to those events we are the official training partners for including
 - Sydney Harbour 10km/5km
 - Blackmore's Sydney Running Festival

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

[More details here](#)

THE ONLINE STORE

We have an online store, which is always being updated. In late term 1, we released a lifestyle range to complement our performance apparel. This and all our items can be viewed and purchased here. Shipping can be waived at the payment page and you can email us for group collection if you wish.

Note – New customers can choose to receive will either the Black or White Runlab training singlet's or Mytrailgroup singlet (Wider back for an additional \$5) as part of their joining fee.



RUNLAB TEAM SINGLET (LADIES)

\$40.00



RUNLAB TEAM SINGLET MENS

\$40.00



RUNLAB TRAINING SINGLET (MEN'S)

\$40.00



RUNLAB TRAINING SINGLET (WOMEN)

\$40.00



RUNLAB TRUCKER – "SCATTERED TRIANGLES"

\$25.00



RUNLAB TRUCKER (BLACK AND YELLOW)

\$25.00



[Shop here](#)

HOW TO STAY UP TO DATE?

This is one of the most important sections for all our runners. Whilst we have a “usual” session location and or time for our groups, there are weeks where we may change the location slightly to best undertake a specific session, or we may also be forced to make a change due to the weather for example. Keeping this in mind will ensure that you don’t miss these notifications.

WEEKLY E-NEWS

When you register, you are added to our weekly e-newsletter. Every Friday or Saturday in the Term you will get an update from the week gone and the upcoming week. So please check that you provide your best email address and ensure this doesn’t go to your junk email folder.

[RUNLAB WEBSITE.](#)

Our website contains information on everything Runlab. The Homepage has a Timetable on it (That’s the standard usual timetable) directly below this is a blue box, ANY changes to the usual location are also listed here.

WEEKLY SESSION UPDATES – WEEK COMMENCING 27th March

MYRUNGROUP SYDNEY – All sessions at usual locations – FARTLEK

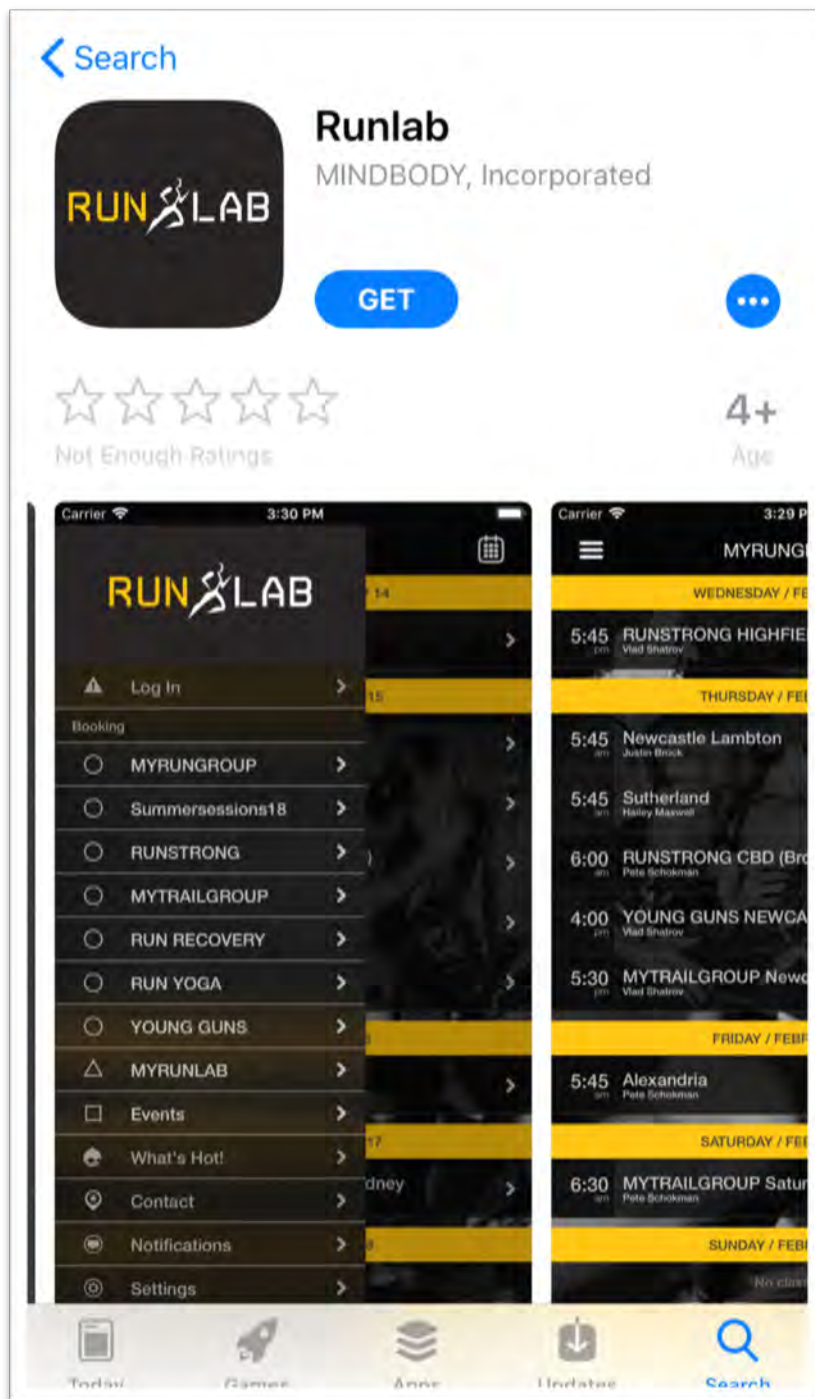
MYRUNGROUP HUNTER – 3km TIME TRIAL – Only 2 sessions. Tuesday 5:45am Newcastle Parkrun course and Wednesday 05:45pm Hunter Sports Centre Glendale.

MYTRAILGROUP HUNTER – 4km TIME TRIAL – Only 1 session. Thursday 5:30pm (Merewether baths top carpark) Tuesday group can do Tuesday Myrungroup session

RUNSTRONG – NO HUNTER Wednesday Runstrong – All other Runstrong sessions as usual. (Wednesday are invited to Wednesday TT and can also make-up the Runstrong session on a Monday at 7:15pm either week of the Term break

FOLLOW RUNLAB





The official Runlab APP Is available on the APP store. You can also use this for booking your Runlab sessions and paying for your classes too. If you enable notifications we can send you instant notifications, which we do for important updates. It looks like this. [Click here to Download App](#)

READY TO ACHIEVE YOUR IMPOSSIBLE?

YOUR INVESTMENT

Sessions and access to the benefits cost from as little as \$11.90 per session with multiple options available. Casual sessions = \$30 (\$35 for Mytrailgroup)

1 Group/Week = \$209

2 Same Group/week = \$209 + \$59

2 Different Group/week = \$209 + \$159

3 Different Group/Week = \$209 + \$159 + \$159

4 Different Group/Week = \$209 + \$159 + \$159 + \$99

Variations

The 3 Longer Trail sessions Wednesday PM Central Coast or Thursday PM Hunter or Saturday Am Hunter are \$239 for the Term.

1 Runstrong/Week = \$159 + \$5 or \$209 in Sydney. Note the +\$5 is payable to "The Concept" directly upon entry to the GYM. Of course if you have a Concept or CareTrac membership the + \$5 is not payable.

1 Mytrailgroup/Week (If its one of the Three longer sessions) = \$239

1 Mytrailgroup + an additional Trail group or Myrungroup = \$209 + \$59. Except if the Mytrailgroup you are doing is one of the 3 longer sessions then it is \$239 + \$59. IF you do two of the Longer Trail sessions it is \$239 + \$79



STARTING YOUR RUNNING JOURNEY

To book into the term and manage your sessions go to the Enrol button on the to 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).

[Click here to enrol](#)

3 EASY STEPS.

1. Choose your groups 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 Mindbody profile. Setup a profile (if you are new) and book your desired classes.

[\[> Click to ENROL \]](#)

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.

Types of Contracts explained

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.

BASE

Base is if you only do 1 session a week. This can be Myrungroup/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 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.



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.

Note: Contracts cannot be used to pay for MYTRAILGROUP unless you are doing the Tuesday am Maroubra or Thursday am Merewether (These are 75 minute sessions and \$209, whereas the Saturday and Thursday pm options are \$239)

NEW RUNNERS PROCESS

1. Setup your profile on the Runlab registration platform [here](#)
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 (\$44 Young Guns) or \$54 joining fee (that's a once off) – This is found under online store Joining fee. The joining fee includes a training racer singlet. Choose from two options.

The \$49 gives you this racer back singlet [\[Check it out here \]](#) and the \$54 gives you this wider back singlet. [\[Check it out here \]](#)
(There are of course men and women's cuts)



What kind of Series or Membership would you like? Joining FEE

Which Series or Membership would you like?

| | |
|--|---------|
| Joining Fee (+ Racerback Myrungroup singlet) | \$49.00 |
| Joining Fee (+ Wide back Mytrailgroup singlet) | \$54.00 |

1. Email info@runlab.com.au telling us your preferred training singlet size so we can get this to you at the start or the Term

RETURNING RUNNERS

Ensure you complete Steps 2 AND 3 above please!

TERMS AND CONDITIONS

For more detailed terms and conditions, [follow the link](#)

Runlab was born out of a desire to enable runners of all abilities the chance to better understand their running, be challenged and over time improve and become a faster runner. For those who are relatively new to running or who are trying to improve their running, the task of understanding what to do and who to ask is overwhelming in itself, so Runlab was created. Runlab will help you “Achieve your impossible”.

“You are looking at the only person who will make the decision to improve your running. YOU.”

The Runlab team looks forward to welcoming you in Term 4, 2018. For more info, contact the Runlab team at

info@runlab.com.au

JOIN NOW FOR \$49 ONLY!

“RECEIVE A RUNNERS PROFILE” + “INTRO PACK”
INCLUDES YOUR TECHNICAL RUNLABSINGLET”

> ENROL TERM 4

YOUNG GUNS



MYTRAILGROUP





MYRUN GROUP



RUN STRONG