

A group of runners is seen from behind, running along a rocky, tidal coastline. The runners are wearing dark athletic gear with bright yellow-green reflective vests. The landscape features a sandy beach, dark rocks, and a backdrop of steep, forested hills under a cloudy sky. A large, dark diagonal shape covers the left side of the image, serving as a background for the text.

RUN  **LAB**

Term 1 2020
FACT SHEET

Welcome to TERM 1 2020 FACT SHEET

A MESSAGE FROM VLAD

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 as we strive to give you access to the best sessions for your running.

2020 is upon us! We start the year with Runcamp 2020 in Thredbo. Here we will train for 3 days with 26 runners. Next stop Summer sessions. This runs in Sydney and the Hunter in the three weeks before the Term 1 start on the 27th of January.

We continually strive to improve your offering with our partner offers which gives all Term runners exclusive prices for their products and services. In Term 4 of 2019 we initiated dietician support for all runners with our COMPEAT partnership. This partnership is now being rolled out and will allow you all to take your running to a new level, so check that out below.

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 it 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



Term starts Monday
27th January.
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.

IG - [@Vladdy_runlab](https://www.instagram.com/Vladdy_runlab)
FB - [@VladShatrovRunner](https://www.facebook.com/VladShatrovRunner)
Twitter - [@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 FAQ's

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 ONLY \$59!

"RECEIVE A RUNNERS PROFILE" + "INTRO PACK"
INCLUDES YOUR TECHNICAL RUNLABSINGLET"

[ENROL TERM 1](#)

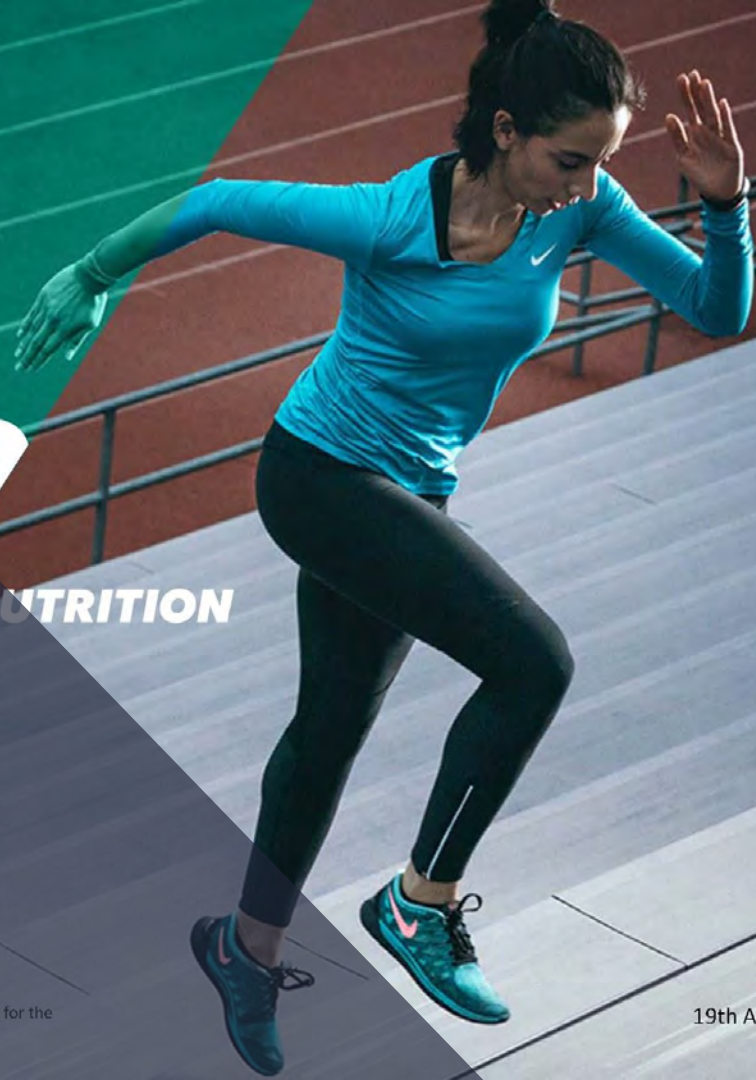
COMPEAT NUTRITION

We're excited to be bringing you **COMPEAT** Nutrition as part of your RUNLAB experience.

We believe that when you look after your body internally, you'll perform better, feel better and run better.

Check out the following pages to see what is NOW included for you as part of your Runlab Term

This information is intended only for the intended use of the addressed parties, for the purpose of the Runlab Term. No other use of this information is strictly prohibited.



19th August 2019

YOU'LL GET ACCESS TO:



YOU GET FREE ACCESS TO KNOWLEDGE HUB
EASY UPGRADE TO OTHER MEMBERSHIPS



KNOWLEDGE HUB

- Nutrition Specific Video Modules
- Comprehensive Recipe Database
- Daily Emails for a personal learning journey
- Facebook Live Q&A's
- Basic Dietitian Support as needed

FLEX MEMBERSHIP

- **All inclusions of the Knowledge Hub**
- **Weekly Menu** specific to you, your needs and your preferences
- Weekly Shopping List
- Unlimited Dietitian Support

SPECIFIC MEMBERSHIP

- **All inclusions of the Knowledge Hub**
- **Daily menu** specific to your training program, goals and preferences.
- Weekly Shopping List
- Unlimited Dietitian Support

For more info visit:

www.compeatnutrition.com

For any questions please contact hermes@compeatnutrition.com

Knowledge Hub

IF YOU WANT TO:



IMPROVE YOUR KNOWLEDGE & CONFIDENCE IN NUTRITION



LEARN HOW TO CHANGE BODY COMPOSITION, INCREASE ENERGY & ENHANCE HEALTH



BE A PART OF A COMMUNITY FILLED WITH INSPIRATION & SUPPORT

WHAT IT INCLUDES:



KNOWLEDGE FOCUSED VIDEO MODULE SERIES TO ACHIEVE YOUR GOALS



ACCESS TO YOUR INDIVIDUAL DASHBOARD ANYWHERE, ANYTIME



AN EVER-GROWING COLLECTION OF COMPEAT RECIPES

www.compeatnutrition.com





SUMMER SESSIONS

Summer sessions run in January only before Term 1 starts.

[Checkout the Schedule and pricing options.](#) Open Now for Entry.

Note:

If you are a new runner to RUNLAB you are not required to purchase the "Once off" joining fee, that only applies when entering Term 1 and beyond

SUMMER SESSIONS 2020

HUNTER/NEWCASTLE SESSIONS

WEEK 1

07/01/20 MEREWETHER BEACH YOUNG GUNS
07/01/20 MEREWETHER BEACH MYRUNGROUP
08/01/20 THE CONCEPT YOUNG GUNS
08/01/20 THE CONCEPT RUNSTRONG
09/01/20 KING EDWARD PARK MYTRAILGROUP

WEEK 2

14/01/20 THE CONCEPT YOUNG GUNS
14/01/20 NOBBYS BEACH MYRUNGROUP
15/01/20 THE CONCEPT YOUNG GUNS
15/01/20 THE CONCEPT RUNSTRONG
16/01/20 HEATON GAP MYTRAILGROUP

WEEK 3

21/01/20 BAR BEACH YOUNG GUNS
21/01/20 BAR BEACH MYRUNGROUP
22/01/20 THE CONCEPT YOUNG GUNS
22/01/20 THE CONCEPT RUNSTRONG
23/01/20 DUDLEY BEACH MYTRAILGROUP

SYDNEY - MYRUNGROUP SESSIONS

WEEK 1: 06/01/20 THE DOMAIN
WEEK 2: 13/01/20 MAROUBRA
WEEK 3: 20/01/20 SYDNEY PARK

COSTS

YOUNG GUNS

1 X SESSION \$20
2 X SESSION \$30
ALL SESSIONS FOR 3 WEEKS - \$79

ADULTS

1 X SESSION - \$30
2 X SESSIONS - \$50

1 WK PASS - 3 X SESSIONS - \$70
3 WK PASS - 3 X SESSIONS - \$190



RUN LAB

ACHIEVE YOUR IMPOSSIBLE



GIFT CARDS

Available anytime!

How did your running Journey start? Look what it's done for you. You may want to inspire a friend or loved one. We have options right now which range from Joining Fees to Summer Sessions and Term passes and beyond!

To purchase go [HERE](#) and setup a profile, then click on Online Store/Gift Cards and choose the most suitable one. These can be emailed to you or them as a Surprise. This will then allow them to join us by following the instructions.

CURRENT SESSIONS TERM 1 2020

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

TRAILRUNNING – MYTRAILGROUP and MYTRAILGROUP+

MYTRAILGROUP Do you want the industry leading Trail running sessions to make you the best you can be on the Trails? Are you prepared to be challenged and ultimately improve? Just wait to see the inclusions in Mytrailgroup.

MYTRAILGROUP+ 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. Guaranteed results following our proven structured sessions. **MYTRAILGROUP+** is the same but more. These sessions run for 90 minutes, include the hydration station and as a minimum run 50% of sessions in National Parks utilising the Runlab Eco Pass.

RUNLAB are leaders in Trailrunning sessions. We have prepared unique run sets on the trails alternating between Strength and Speed based sessions

We incorporate mini strength sets (depending on your level) to allow the endurance adaptations necessary for trail running events, in a relatively short running session.

We will connect with every runner before Week 1 specifically understanding your needs and goals. We cannot wait



CURRENT SESSIONS TERM 1 2020

Strength & Conditioning -RUNSTRONG

RUNSTRONG is the key to taking your running to the next level suitable for all runners in a 60-minute dynamic functional based gym session.

Hunter: Monday 6:30pm and Wednesday 6pm

Sydney: Thursday 6am

RUNSTRONG ULTRA has a focus on heavier weights and is similar to Runstrong but targeted to endurance runners. This is scheduled on Sunday afternoons for maximum post weekend long runs. Available in the Hunter 2:30pm Sundays

Do you want industry leading running strength sessions to improve form, reduce the risk of injury but ultimately take your running to a new level? RUNSTRONG is for you. Results guaranteed!

impact

Runlab online and personalised - MYRUNLAB

MYRUNLAB offers customisation and online training modules.

If you are looking to access our sessions online at a time and place to suit your training our online modules are ideal! If you're looking for an individualized training program, this is for you.

Junior run sessions - YOUNG GUNS

Educating young runners in a fun and relaxed environment. Do you want the industry-leading Interval Running Sessions specifically for junior runners?

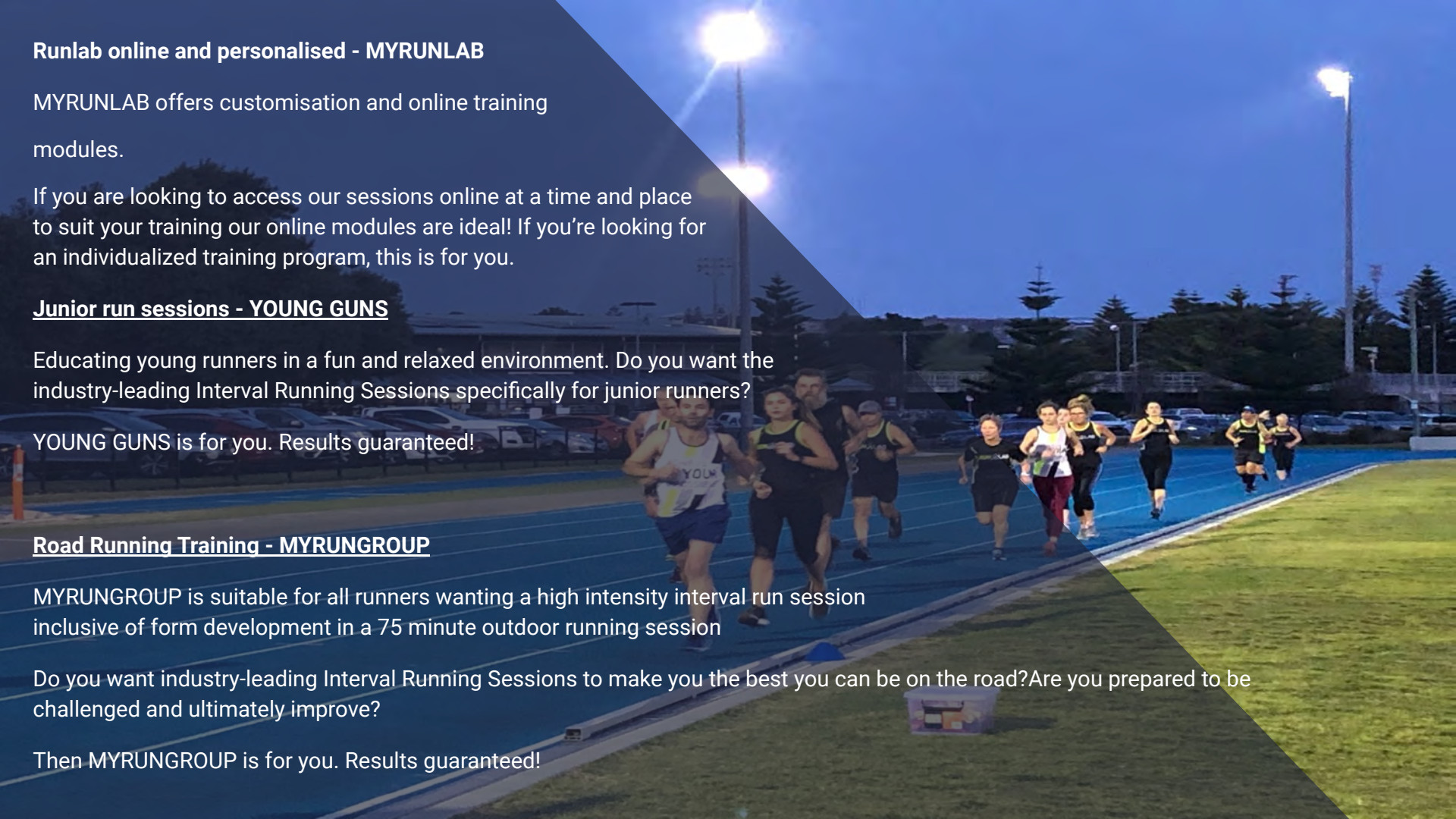
YOUNG GUNS is for you. Results guaranteed!

Road Running Training - MYRUNGROUP

MYRUNGROUP is suitable for all runners wanting a high intensity interval run session inclusive of form development in a 75 minute outdoor running session

Do you want industry-leading Interval Running Sessions to make you the best you can be on the road? Are you prepared to be challenged and ultimately improve?

Then MYRUNGROUP is for you. Results guaranteed!



TIMETABLE

Term 1 changes:

MYRUNGROUP

→ Maitland returns in Term 2

→ Budgewoi returns in Term 2

MYRUNGROUP

→ There is a regular MYRUNGROUP on Monday 5:45pm at Lake Mac and Tuesday 5:30 am at Merewether

MYRUNGROUP in Sydney will be held 6pm at the Domain CBD on Monday and Alexandria 5:45 am Friday

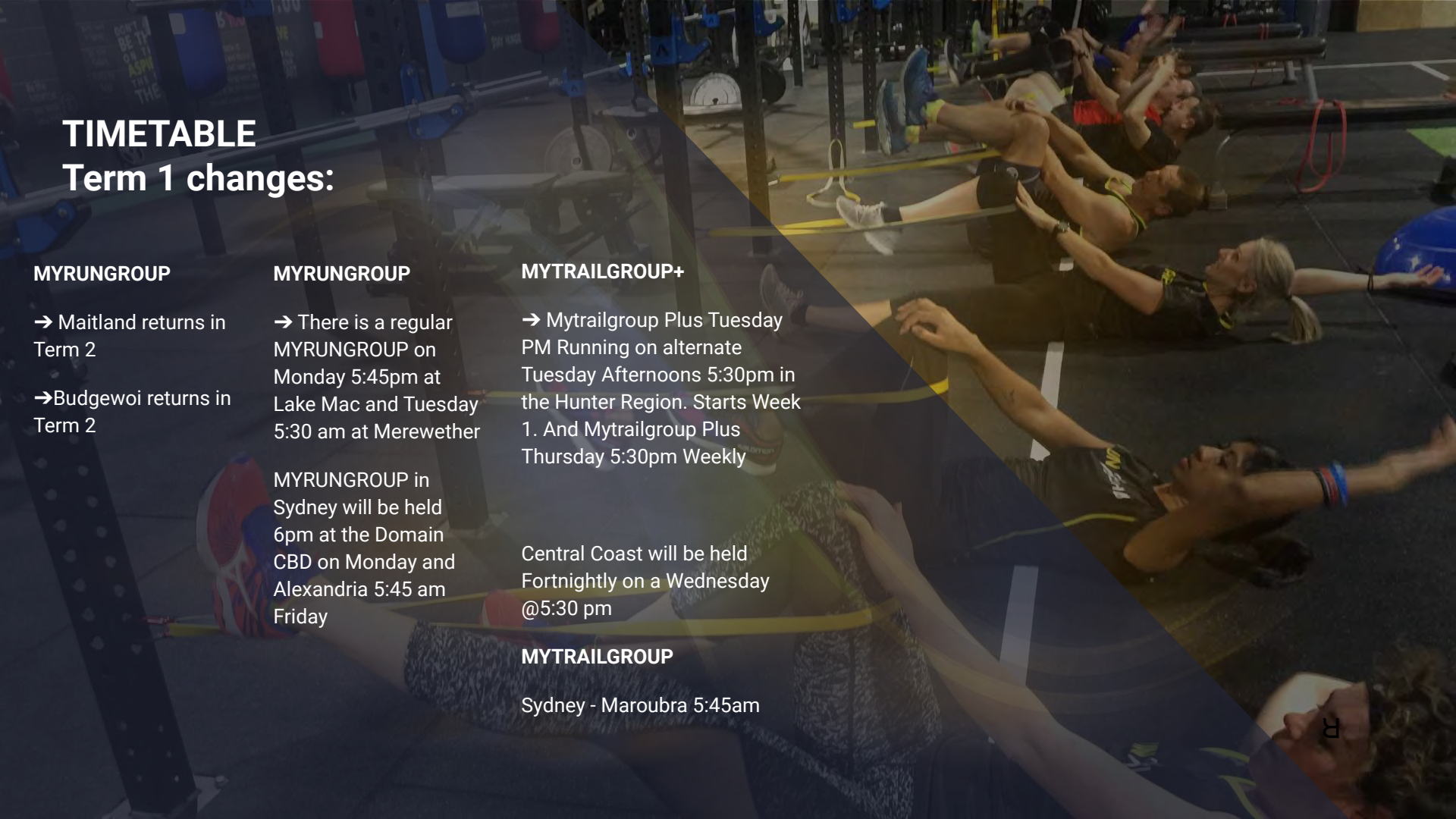
MYTRAILGROUP+

→ Mytrailgroup Plus Tuesday PM Running on alternate Tuesday Afternoons 5:30pm in the Hunter Region. Starts Week 1. And Mytrailgroup Plus Thursday 5:30pm Weekly

Central Coast will be held Fortnightly on a Wednesday @5:30 pm

MYTRAILGROUP

Sydney - Maroubra 5:45am





TIMETABLE

Some of the Specific changes are:

RUNSTRONG

→ We have 4 Sessions available Monday 6:30pm + Wednesday 6pm. All Runstrong sessions held at the Concept and Sydney Thursday 6am at ITrain Gym Broadway

RUNSTRONG ULTRA

Every Sunday 2:30pm available for those looking to advance their training with different style of Runstrong session that involves heavy lifting.

YOUNGGUNS

Returns as per Term 4. The addition is that the Thursday afternoon Hunter group will alternate between Young guns strength class at the concept and running at the Track at the Fearnley Dawes Centre.

\$5 payable per class in addition to the Term cost for the gym sessions. Gym sessions weeks 1/3/5/7/9

MYTRAILGROUP and MYTRAILGROUP +

We just wanted to give you a bit more info specifically regarding the Hunter sessions on a Thursday evening!

WHEN YOU ENTER

Our Thursday Evening sessions are one of our largest groups! We have 3 Coaches looking after 3 levels of runner. Please book into the right class for you. Each class has a 15 person limit.

The Classes are called

BASE - For you if you are relatively new to Trailrunning/running or are building up slowly or you are not suited to harder fast interval efforts or volume and require a session to suit you.

BUILT - Have been running for a while, does regular interval sessions and strength work and is looking to be challenged with intervals and solid longer efforts.

EXTREME - A proficient runner. Must do strength work weekly in addition to running and runs at least 4 times a week regularly. This is our most intense and challenging group in terms of effort length and pace



MYTRAILGROUP

UPCOMING EVENTS - TARGETED RACES

Our runners prepare for many races. But we have a special partnership with the events below and hope to see you join us there.

In 2019 we took a team to NYC Marathon. This was amazing and we will be doing a return trip with runners to NYC Marathon in 2021 as well as Boston Marathon in April 2021.

THE COASTAL ASCENT Trail run February 2020

Runlab is the official training partner of this exciting new trail run offering distances up to 25km.

BLACKMORES SYDNEY Marathon SEPTEMBER 2020

Runlab is the Training Partner for the Blackmores Sydney Running

Runlab will have a special V.I.P offering along with the Discount on entry fee for the Sydney Blackmores Running Festival.



RUNCAMP 2020 and Runcamp 2020.2

We have 2 Runcamps in 2020. The first is now closed for entry and takes place in Thredbo 3-5th January.

The second session is on the 28-29th March in Katoomba. We may still have places to that so please check it out!

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 in Term 1 will be held on a Saturday mornings, rotating in different locations around the Hunter Region, Central Coast, SYDNEY and Tomaree Region. ***These open closer to the date of each session***



RUNCAMP 20.2



TERM 1 TIME TRIAL

At the end of the Term (scheduled to best fit in with in with any possible targeted events) we run one Trail 5km or 3km time trial only per area. We do this to allow for as many runners as come together and run against each other in a friendly environment. It also allows runners to meet runners from 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, Central Coast 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.

trial
possible to
competitive
other groups that

YOUR

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 runners

Member only rates at Pace Athletic, Salomon, Suunto, Lebent, Tailwind, Dusty Trails with more added regularly

Discounted race entry and or exclusive Runlab VIP offers those events we are the official training partners for including

→ Sydney Harbour 10km/5km

→ Blackmore's Sydney Running Festival

- The Coastal Ascent

[More details here](#)



ONLINE STORE

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 3 runners

Member only rates at Pace Athletic, Salomon, Suunto, Lebert, Compeat Nutrition, Dusty

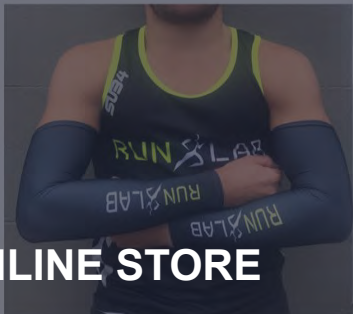
Discounted race entry and or exclusive Runlab VIP offers those events we are the official training partners for including

→ 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](#)



SELECT OPTIONS



SELECT OPTIONS



Runlab Sunglasses – Frost – Smoke

\$35.00

ADD TO CART



Runlab Team Singlet Mens

\$40.00

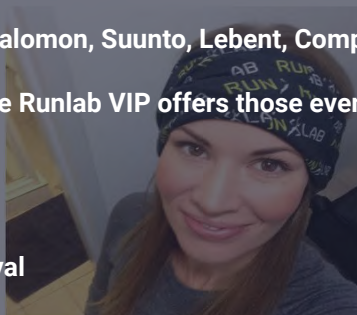
SELECT OPTIONS



Run/Cycle Beanie

\$15.00

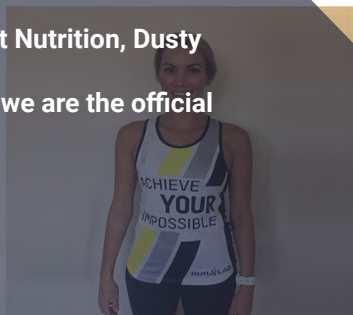
TO CART



RUNLAB Beanie

\$15.00

ADD TO CART



Runlab Team Singlet (Ladies)

\$40.00

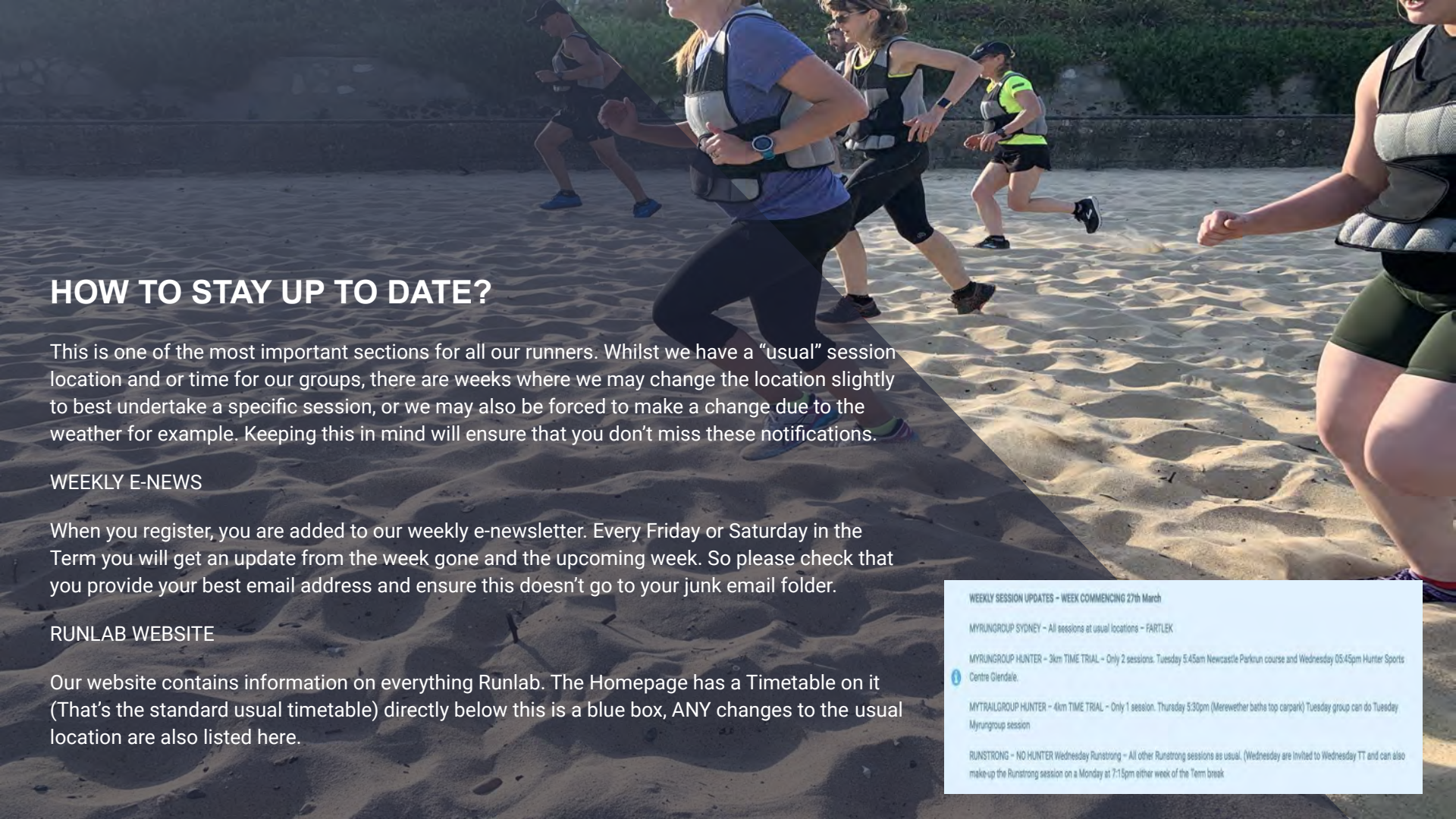
SELECT OPTIONS



Runlab Training Singlet (Men's)

\$40.00

SELECT OPTIONS



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

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

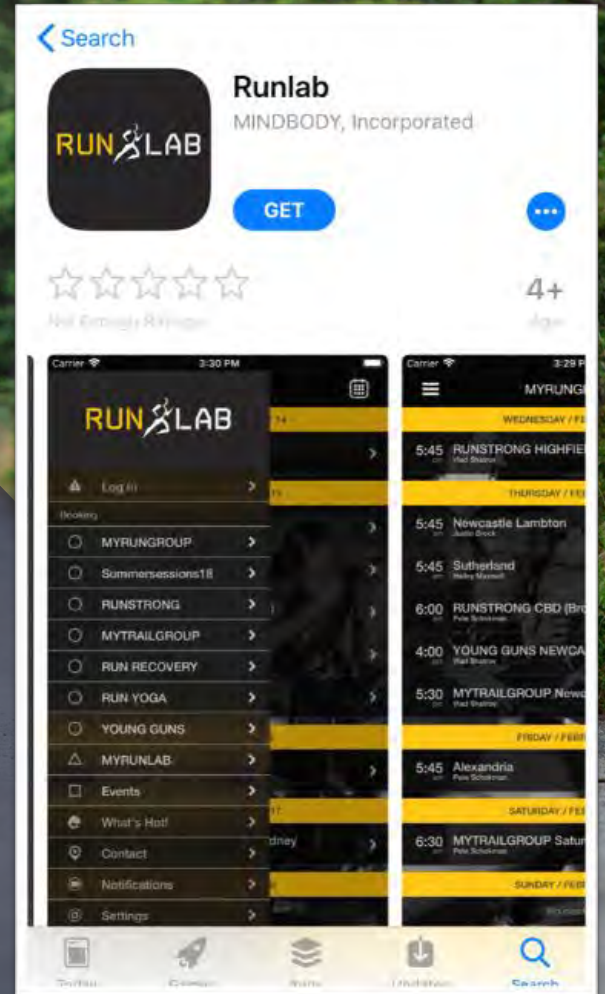
MYTRAILGROUP HUNTER - 4km TIME TRIAL - Only 1 session. Thursday 5:30pm (Merewether baths top carpark) Tuesday group can do Tuesday Myrungroup session

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

THE OFFICIAL RUNLAB APP

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

Signing up to any of our TERM products gives you instant access to our impressive MEMBER BENEFITS now including Dietician support from COMPEAT

Once only Joining Fee (Includes Racerback or Trail singlet) = \$59/ Young Guns \$49

Casual sessions = \$30 /Young Guns \$20

1 Group/Week/Term = \$229/ Young Guns - \$139

2 of the same group/week = \$229 + \$69 /Young Guns -\$49

2 Different group/week = \$229 + \$159 (Only applies to Adults)

Variations

1 Runstrong/Week = \$179 + \$5 in the HUNTER only.. 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. If however you are also doing Myrungroup or Mytrailgroup+ this is \$159 +\$5

1 Mytrailgroup/week + an additional Myrungroup = \$229 + \$69. OPTION AVAILABLE IN SYDNEY ONLY

1 Mytrailgroup+/week = \$249. Double Mytrailgroup + = \$249+\$79. If doing Mytrailgroup+ and Myrungroup = \$249 + 69



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” \$59 Joining fee for for Adults and \$49 for Young guns new Runlab customers only. Included in this you will receive the Black and Yellow technical running singlet or Trail 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/\$59 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.

You can pay your joining fee here - <https://runlab.com.au/joining-fee/>



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

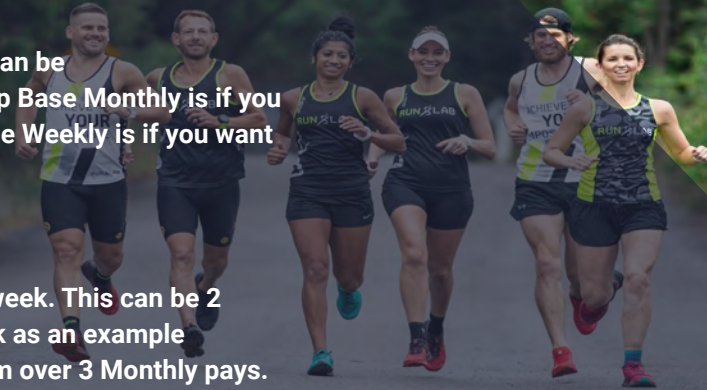
Base is if you only do 1 session a week. This can be Myrungroup/Runstrong or regular Mytrailgroup Base Monthly is if you want to pay the term over 3 Monthly pays. Base Weekly is if you want to split over 12 weekly pays.

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.

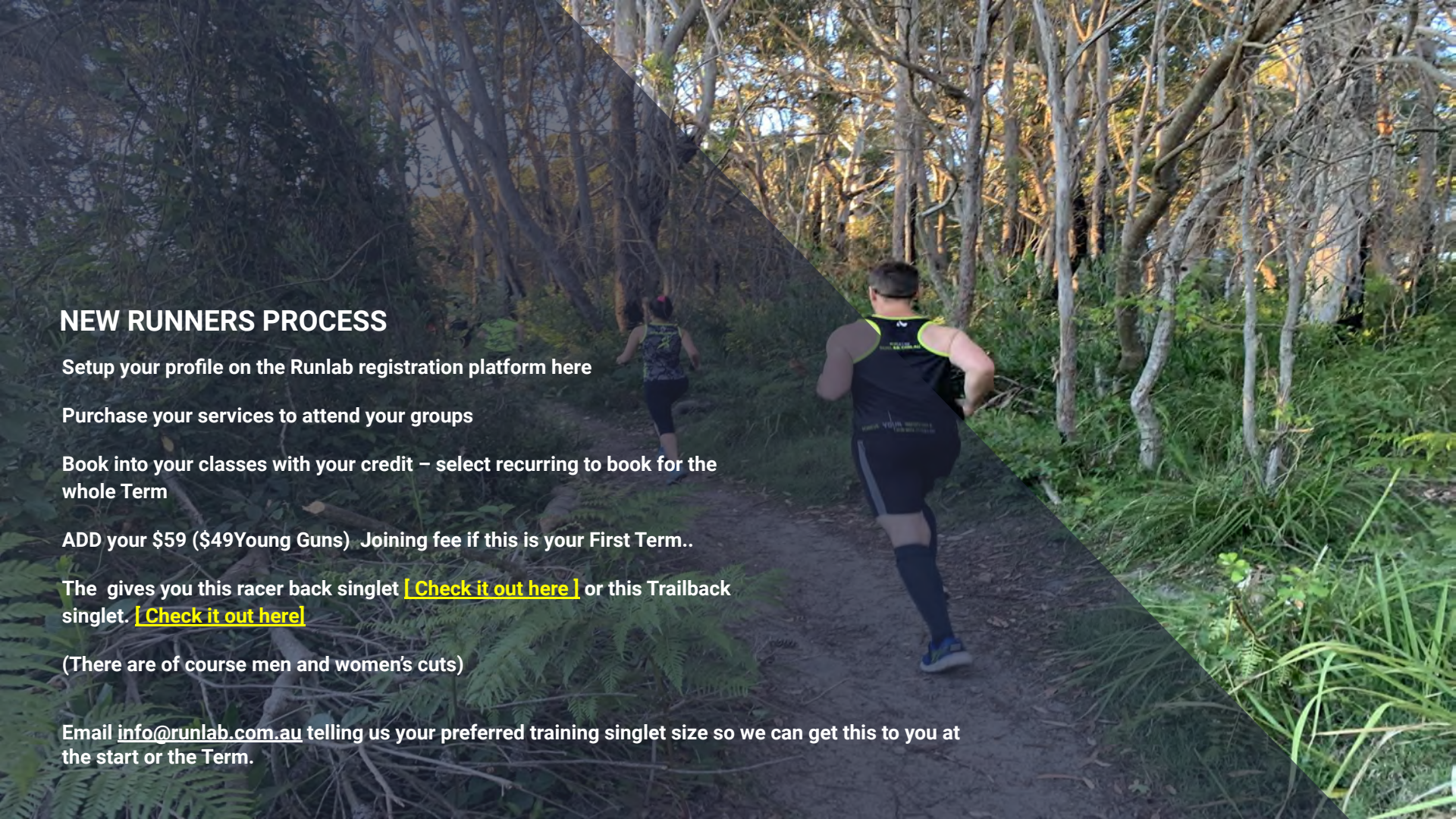




3. ENTER YOUR GROUP

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 (These are 75 minute sessions and \$229, whereas the Tuesday PM Hunter and Thursday PM Hunter are Mytrailgroup plus and \$239)

A photograph of two runners on a dirt trail in a forest. The runner in the foreground is a man wearing a black singlet with yellow accents and black shorts, running away from the camera. The runner in the background is a woman wearing a patterned singlet and black leggings, also running away from the camera. The forest has many thin trees and green ferns.

NEW RUNNERS PROCESS

Setup your profile on the Runlab registration platform [here](#)

Purchase your services to attend your groups

Book into your classes with your credit – select recurring to book for the whole Term

ADD your \$59 (\$49 Young Guns) Joining fee if this is your First Term..

The gives you this racer back singlet [\[Check it out here\]](#) or this Trailback singlet. [\[Check it out here\]](#)

(There are of course men and women's cuts)

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 1, 2020. For more info, contact the Runlab team at info@runlab.com.au

MYRUN GROUP

RUN & STRONG

MYTRAIL GROUP

YOUNG GUNS