



TERM 3 FACT SHEET

# Welcome to TERM 3 2020 FACT SHEET

## A MESSAGE FROM VLAD SHATROV, Runlab Founder.

Welcome and welcome back! At Runlab, we strive to be the leading run training group and resource for runners.

Bring on term 3. This Term is always BIG, but this year its special. We are back training in groups and we cannot wait. We are striving to have large numbers at all groups making the sessions a motivating and rewarding experience for all.

The biggest change this Term is the addition of additional time trials and a focus on helping runners improve their mental strength when and if they take on running events.

***Consistency is key for improved running. And so are quality running and strength sessions with added drills to improve form, we will bring this to you over the 10 weeks of Term 3.***

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 that you want to improve and are willing (with our assistance) to give that a shot.

Follow us online to stay updated

IG - [@Vlad\\_protrailrunner](#) Strava - [/pros/vshatrov](#) FB - [@VladShatrovRunner](#) FB - [@MYRUNLAB](#)

**Term starts Monday 20TH JULY**

In this 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.



# Welcome to TERM 3 2020 FACT SHEET (Continued)

## **How many sessions should I do with Runlab a Week?**

Well that's partly determined by how many groups are in your region, and this is something we are looking to increase all the time. It also depends on your running history and your running goals. But on average most runners training for events train 6+ times a week and many do more than that.

This would be a combination of shorter easier runs, possible gym strength work and a weekly longer run usually on the Weekend. An Ideal mix would likely include two targeted run sessions and a Strength sessions every week in addition to your other training.

We offer flexible pricing per session which adjusts downwards if you do more than 1 session/week

**Flexibility! IF you miss your weekly session YOU can swap to another group or make it up the following week, no worries!**

Vlad Shatrov  
Runlab - Director | Coach | Developer

## **Term starts Monday 20TH JULY**

Returning runners there is no need to complete the Expression of Interest form. You will be notified of Term entries being OPEN on the 10th of July

New runners will get an email notifying you that the Term can be entered on 10th JULY if you complete the Expression of Interest form on the WEBSITE

**Please Note - When you purchase your desired session/s you have credits which you then use to book into your actual chosen class. This is important because we have limited class sizes, to guarantee your spot, we encourage you to enter early.**

# ON THE GROUND GROUPS - INCLUSIONS & BENEFITS.

## A summary

All ATHLETES joining us for a regular weekly session in Term Three- Have these inclusions in ADDITION to the actual running sessions you have added to your term membership

1. The LIVE Weekly ZOOM Athletes check, before the start of each week - This is an opportunity to engage with your Coaches LIVE via zoom about the upcoming week and all your running training questions. In this session we also cover off interesting topics and upcoming events. If you cannot make the LIVE you will be able to watch it later.
2. Access to the Term 3 private facebook group to get all your key updates including your Weekly live Zoom check-in
3. Access to THESE exclusive discounts from our valued partners
4. Access to the COMPEAT NUTRITION Knowledge hub FREE. Check it out
5. Race discount entries including 25% off for the Blackmores Sydney Running Festival.

**AND FIRST TIME OFFERED** in this Term 3 - which will assist you in any upcoming events in the future

- More time trials at sessions (6 during the term)
- Mental strength tasks, challenges and learnings for all Athletes

## **ONLINE OFFERING - INCLUSIONS & BENEFITS.**

All ATHLETES joining us for online sessions in Term Three- Have these inclusions

The LIVE Weekly ZOOM Athletes check in- This is an opportunity to engage with your Coaches LIVE via zoom about the upcoming week and all your running training questions. In this session we also cover off interesting topics and upcoming events. If you cannot make the LIVE you will be able to watch it later.

1. Access to the Term 3 private facebook group to get all your key updates including your Weekly live Zoom check-in before each week
2. 2 Weekly running sessions via PDF, one targeted towards trail running and the other road running. You can do one or both at a time that suits you. Including Time Trial tasks.
3. Access to a Weekly Zoom Runstrong session which you can do real time 6pm Wednesdays or at view it later at a time that suits you
4. Access to THESE exclusive discounts from our valued partners
5. Access to the COMPEAT NUTRITION Knowledge hub FREE. Check it out
6. Race discount entries including 25% off for the Blackmores Sydney Running Festival.
7. The Runlab only exclusive discounts with our partners allowing you to purchase nutrition and running apparel from our partners

**AND FIRST TIME OFFERED** in this Term 3 - which will assist you in any upcoming events in the future. -  
Mental strength tasks, challenges and learnings for all Athletes.

# Am I good enough to train with Runlab?

Well it's totally up to you. We do cater for almost all levels of runners, and we do run our sessions in such a way that different paced runners are able to train at a distance/time repetition within a session that will allow you both to be challenged but also to recover for optimum improvement in running fitness.

Our culture sets a standard, and our tag line "Achieve your impossible" goes to the fact that the people that run with us are aiming to really improve and get a result.

Our Runlab singlets are worn to sessions and it encourages our dynamic group environment.

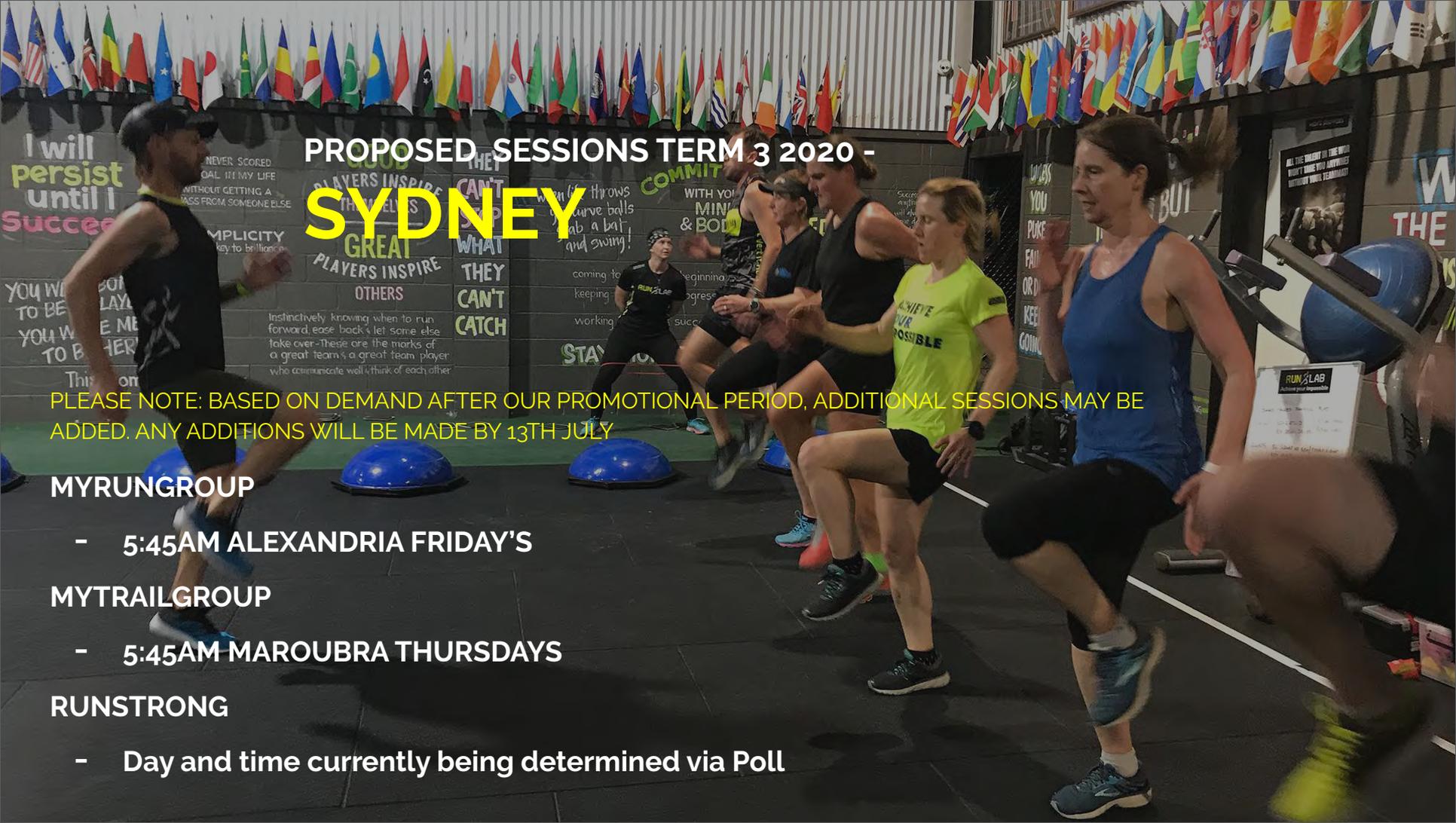
We have standards, which can be viewed under FAQ's

We have groups for both Adults and Juniors!

**JOINING FEE NEW TO RUNLAB ONLY -  
\$49 Youth \$59 Adults**

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

[\*\*ENROL NOW\*\*](#)



# PROPOSED SESSIONS TERM 3 2020 - **SYDNEY**

PLEASE NOTE: BASED ON DEMAND AFTER OUR PROMOTIONAL PERIOD, ADDITIONAL SESSIONS MAY BE ADDED. ANY ADDITIONS WILL BE MADE BY 13TH JULY

## MYRUNGROUP

- 5:45AM ALEXANDRIA FRIDAY'S

## MYTRAILGROUP

- 5:45AM MAROUBRA THURSDAYS

## RUNSTRONG

- Day and time currently being determined via Poll

# PROPOSED SESSIONS TERM 3 2020 - HUNTER

PLEASE NOTE: BASED ON DEMAND AFTER OUR PROMOTIONAL PERIOD,  
ADDITIONAL SESSIONS MAY BE ADDED. ANY ADDITIONS WILL BE MADE BY  
13TH JULY

## MYRUNGROUP

- 5:30PM LAKE MAC MONDAYS
- 5:30AM MEREWETHER TUESDAYS
- 5:30PM MAITLAND WEDNESDAYS

## MYTRAILGROUP PLUS\*

- 5:30PM NEWCASTLE THURSDAYS
- 6:30AM NEWCASTLE SATURDAYS (ALTERNATE WEEKS)

## RUNSTRONG

- 6PM MONDAYS THE CONCEPT NEWCASTLE
- 6PM WEDNESDAYS THE CONCEPT NEWCASTLE
- 2:30PM SUNDAYS THE CONCEPT NEWCASTLE

## YOUNG GUNS

- 4PM THURSDAYS NEWCASTLE

HARD WORK

*in sport you must  
earn your playing*

SUCCESS IS  
DETERMINED BY  
HOW YOU HANDLE  
SET BACKS

*can  
& lace up!*

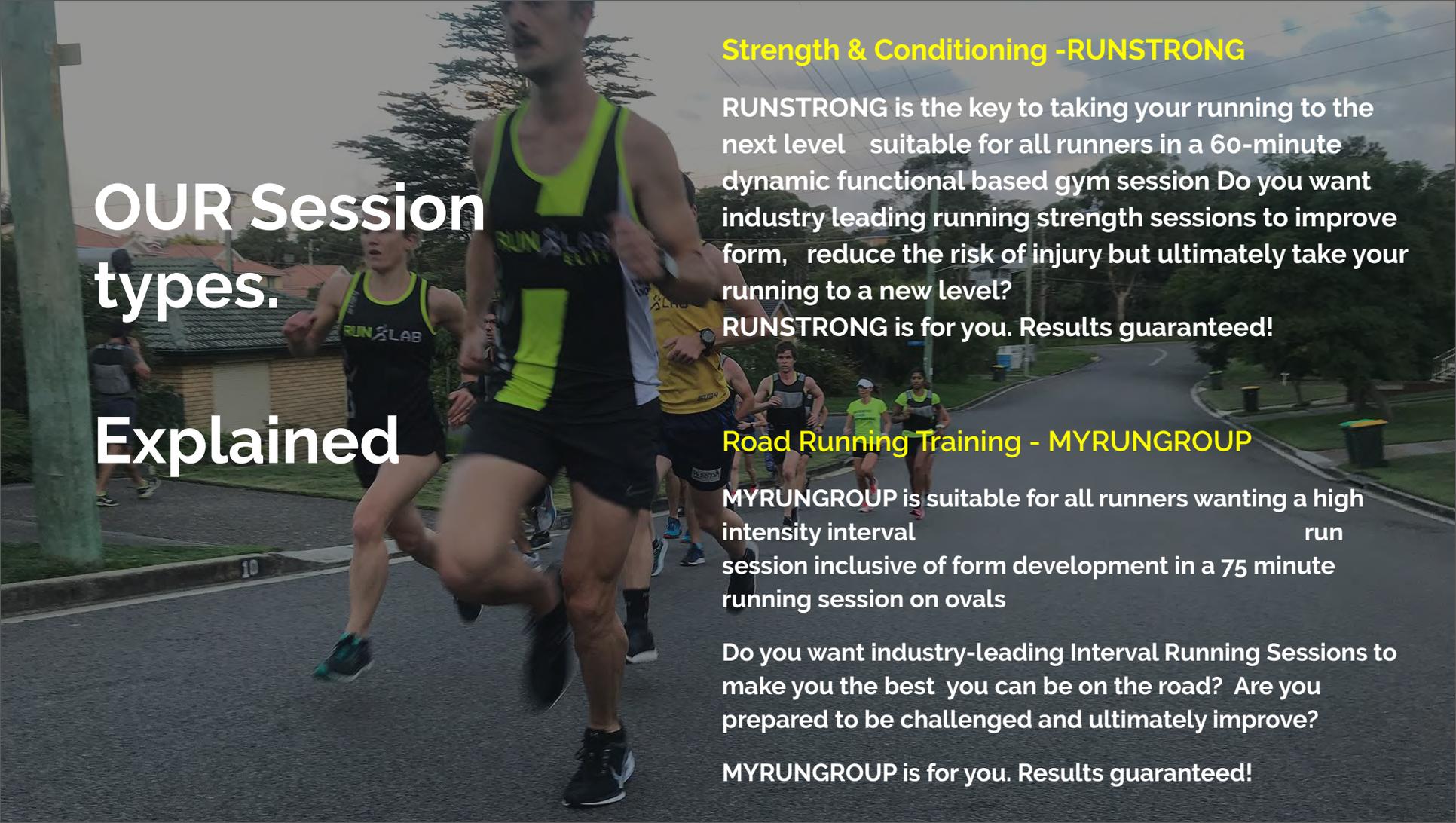
*find the  
fighter  
in you!*

*since the right shoe fixed  
I fixed it with my right hand*

SACRIFICE

## \*MYTRAILGROUP PLUS

**DEPENDING ON THE TERM, WE RUN MYTRAILGROUP PLUS. IN TERM 3 ALL THE TRAIL RUNNING SESSIONS IN THE HUNTER ARE CLASSIFIED AS MYTRAILGROUP PLUS - THEY RUN FOR 90 MINUTES, INCLUDE HYDRATION AND THE COST OF THE SESSIONS COVERS US TRAINING WITHIN NATIONAL PARKS**



# OUR Session types. Explained

## 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 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!**

## 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 running session on ovals

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?

**MYRUNGROUP is for you. Results guaranteed!**

# Session types - Continued

## Trail run training -**MYTRAILGROUP**

MYTRAILGROUP is the key to taking your running to the next level . Suitable for all runners in a 75-90-minute **SPECIFIC RUNNING SESSION** which gives you timely adaptations and benefits required for competing in off road events. You may also just prefer running in the bush to running around ovals too.

We are at the forefront of specific trail running sessions and this is our **CORE** offering, due to our association with Salomon and Suunto in particular. Vlad runs a specific separate trail running model **PROTRAILRUNNER** giving trail runners worldwide access to targeted specific trail running sessions, sets, programs and more which they do at a time that suits them in a supportive online Forum. The development of these specific sessions is integrated into our trail running groups Mytrailgroup.

**MYTRAILGROUP PLUS** - a longer version of the above. 90 Minutes - Includes Hydration from Tailwind and covers National Park additional Training Fees. Offered Hunter only

## **Road AND trail Running sessions for YOUTH - YOUNG GUNS**

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! With a focus to specifically develop runners for Cross-Country events and more, with a focus on skill and technique development

## MYRUNLAB

*Do you want training customised just for you? Do you want to access our industry leading sessions at a time and place that suits you? Do you want to target and improve a specific component of your running? Well we have this for you MYRUNLAB. Results guaranteed!*

This includes customised programs, run analysis, personal training options  
[runlab.com.au/sessions/myrunlab/](https://runlab.com.au/sessions/myrunlab/)



## END of TERM - TIME TRIALS

At the end of the Term (scheduled to best fit in with in with any possible targeted events) we run one Trail 5km or Track 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 around other areas

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. Previously for each of the three groups Sydney CBD, Central Coast and Newcastle and now on a wider scale being on Demand 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.*

# 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 On Demand runners
- Member only rates at Pace Athletic, Salomon, Suunto, Lebent, Compeat Nutrition, Dusty, Tailwind, Air Relax Australia, Aviano, Spring Energy, Hunter Physio, Achieve Podiatry, Fusion
- 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

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](#)

## RUNLAB TERM 3 MEMBER BENEFITS

THESE ARE PARTNER OFFERS FROM TERM2 AND WE WILL OFFER SIMILAR TERM 3 ACTUAL OFFERS AND CODES WILL BE SENT TO ALL RUNNERS AT THE START OF TERM



**30% OFF**  
VALID UNTIL APRIL 19TH

**SUUNTO**

**30% OFF**  
SUUNTO 9 BARO & SUUNTO 7  
VALID UNTIL APRIL 19TH

**FUSION**

**15% OFF**  
VALID UNTIL JUNE 30TH



**FREE ACCESS**  
TO THE KNOWLEDGE HUB



**10% OFF**  
ONLINE VIA WEBSITE



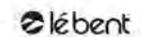
**\$100 OFF**  
COMPRESSION RECOVERY SYSTEM  
10% OFF MASSAGE GUB



**15% OFF**  
ONLINE VIA WEBSITE



**10% OFF**  
ONLINE VIA WEBSITE



**20% OFF**  
ONLINE VIA WEBSITE



**20% OFF**  
FOR THE NEXT 4 WEEKS



**FREE**  
PELVIC ALIGNMENT  
WHEN REOPENED



**\$40 OFF**  
RUNNING ANALYSIS SESSION



**BULK BILLED**  
TELEHEALTH APPOINTMENT  
+ 50% OFF INITIAL APPOINTMENT  
WHEN REOPENED



**\$20 OFF**  
60 MINUTE STRETCH  
WHEN REOPENED



**\$10 OFF**  
FIRST ORDER OVER \$75

A silhouette of a runner is positioned on the left side of the image, looking towards the right. The runner is in a dynamic pose, with one leg forward and arms slightly bent.

**RUN**  **LAB**

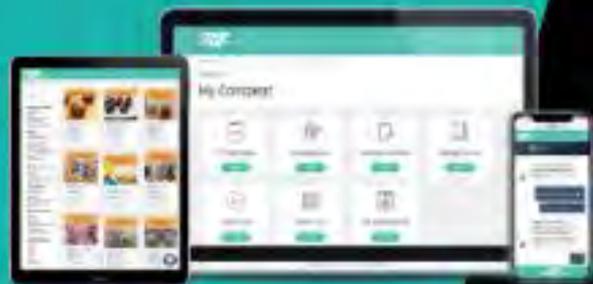
The logo icon for Run Lab is a stylized white silhouette of a runner in mid-stride, positioned between the words "RUN" and "LAB".

Elite nutrition support like you've never seen before!  
This isn't about scales, rules and fad diets. **Compeat** is about how to best  
travel the path to lasting wellbeing and performance.

## Access to the Compeat Crew

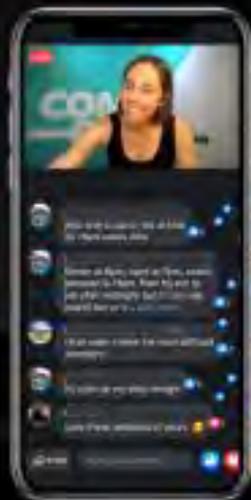
The Compeat Crew is the foundational tool to either start or sustain your nutrition Journey. You will gain access to all the knowledge and resources you need to achieve your nutritional goals.

You also get unlimited access to 300+ fun recipes and 130+ educational videos.



## Live Q&As

We know nutrition can get confusing, so for the duration of the term, Advanced Sports Dietitian, Alicia Edge, will run regular live Q&A sessions exclusively for you!



## Plus plenty more benefits!

- Access to an exclusive member community
- Discounts on upgrades
- Prizes and giveaways
- Personal goal tracking
- Curated learning paths!



## Upgrade Your Nutrition Support

Participants looking for a higher level of support during the term can opt-in and upgrade to Silver or Gold packages. In doing so they unlock a more personalised and agile nutrition solution through the Compeat Nutrition Dashboard. This includes:

### Weekly menu

A menu built for you which considers your requirements, food preferences, intolerances, training, and family life.

### Shopping lists

An integrated shopping list is also provided to make implementing your Compeat solution easy and effective.

### Your personal dietitian (Gold only)

They are there when you need them to cut through the BS and share the knowledge that, for far too long, has only been available to elite athletes.

### Event plans

Embedded event plans with itemised checklists, continuous dietitian access, Pre-race/During race nutrition and more!  
Bundle to prepare to succeed!



Find out more

For more information on how Compeat Nutrition can support your training, follow us online



COMPEAT.NUTRITION



COMPEATNUTRITIONAUS



COMPANY/COMPEATNUTRITION



HELLO@COMPEATNUTRITION.COM

# Unleash Your Potential

Activate your free assessment 

[www.compeatnutrition.com](http://www.compeatnutrition.com)



RUN LAB



Run/Cycle Beanie  
\$25.00

ADD TO CART



RUNLAB Buff  
\$15.00

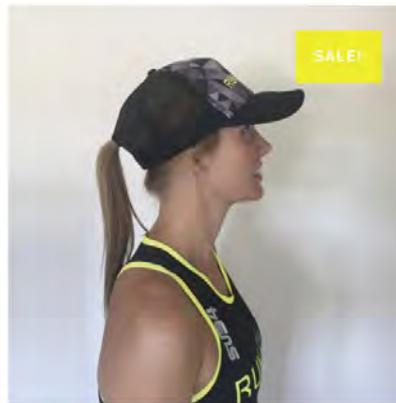
ADD TO CART



SALE!

Satin Black – Smoke  
~~\$35.00~~ \$20.00

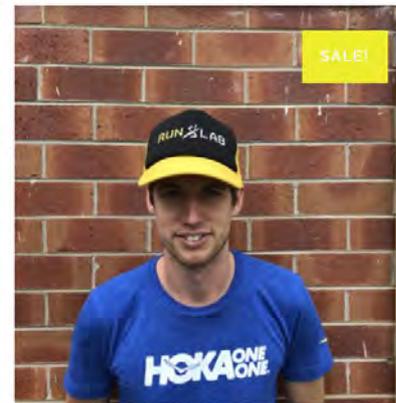
READ MORE



SALE!

Trucker – "Scattered Triangles"  
~~\$25.00~~ \$20.00

ADD TO CART



SALE!

Trucker (Black and Yellow)  
~~\$25.00~~ \$20.00

ADD TO CART



SALE!

Runlab Team Singlet (Ladies)  
~~\$40.00~~ \$30.00

SELECT OPTIONS



SALE!

Runlab Team Singlet Mens  
~~\$40.00~~ \$20.00

SELECT OPTIONS



SALE!

Runlab Trail Singlet Mens  
\$20.00 – \$44.00



SALE!

Runlab Trail Singlet Womens –  
2019

# ONLINE STORE

## HOW TO STAY UP TO DATE?

ALL Athletes joining in TERM 2 “ON-DEMAND” will be invited specifically into the [On Demand Facebook Group](#)

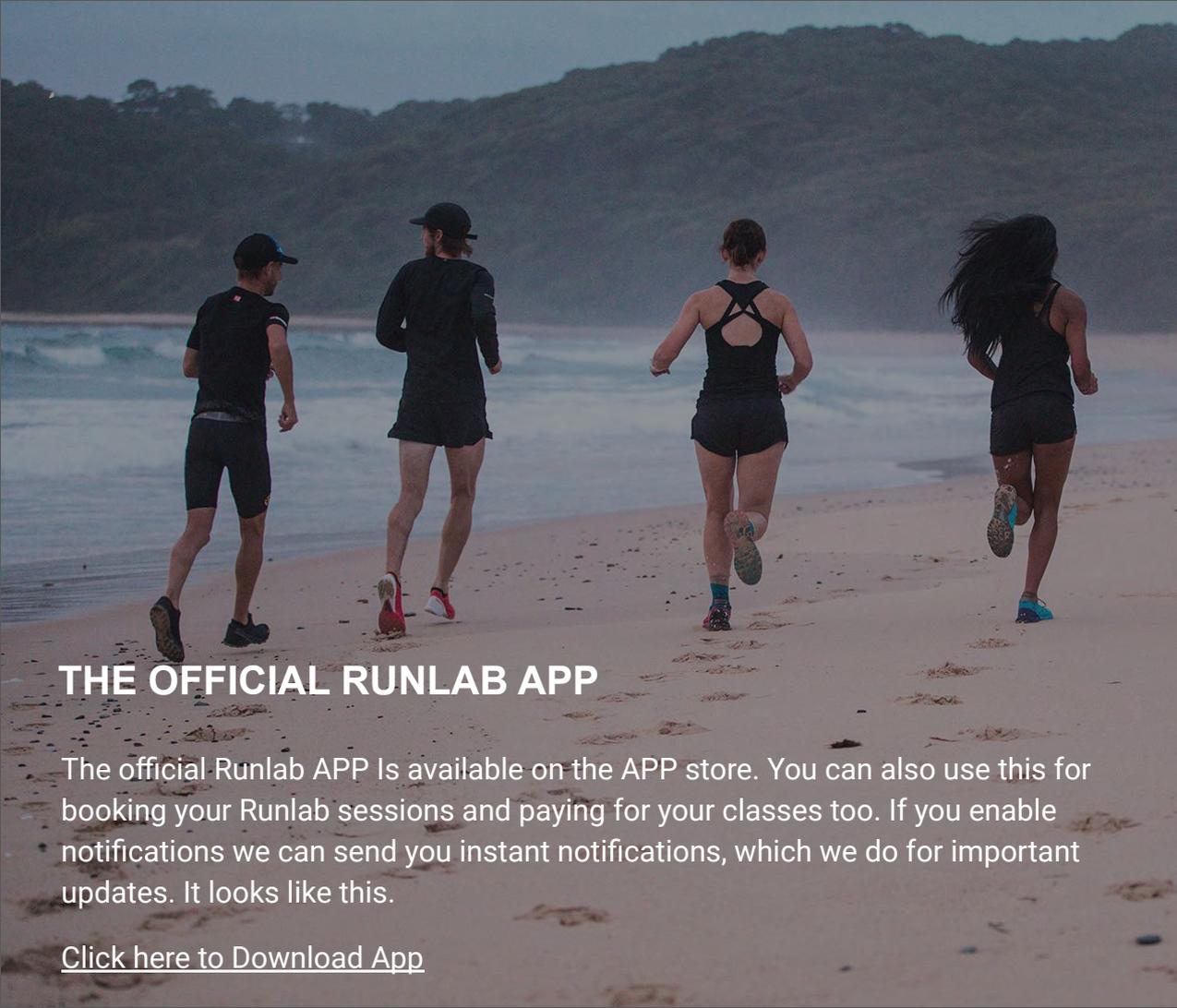
### WEEKLY E-NEWS

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.

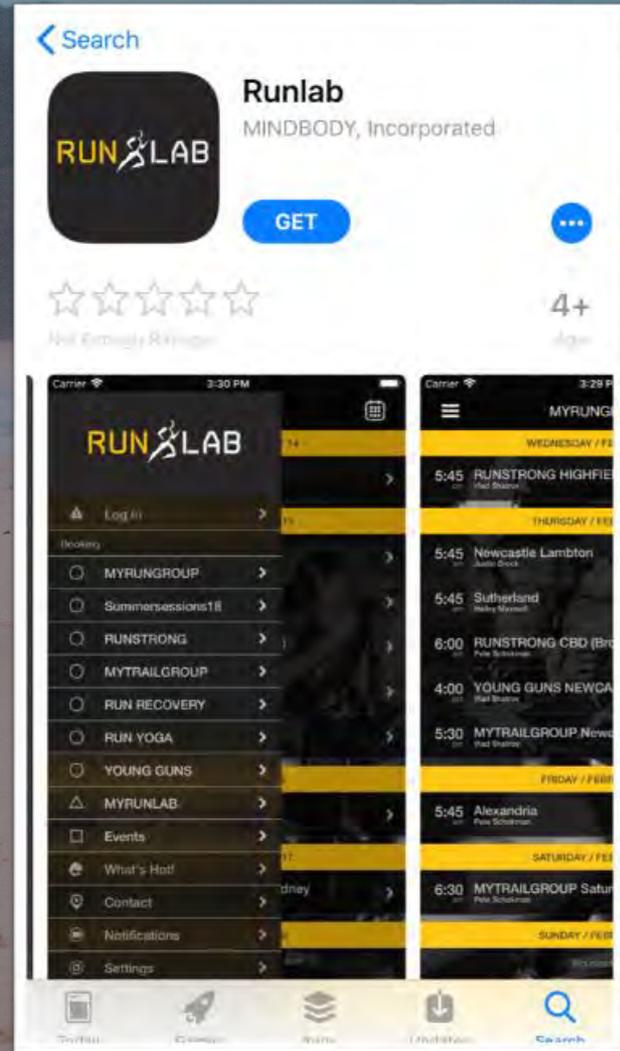




## THE OFFICIAL RUNLAB APP

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 OPTIONS:

Costs are per term - Signing up for a Term gives you instant access to our impressive Member Benefits including your own Dietician support with COMPEAT Nutrition

There is a "Once off" Joining Fee. Adults \$59 and Young Guns \$49. Which will also give you a Runlab Singlet

1\* Weekly Session/Term = \$229 for Adults and \$139 for Young Guns\*

2\* Weekly sessions of the same group type/Week/Term = \$229 + \$69, Young Guns \$49

2\* Weekly sessions of different group type/Week/Term = \$229 + \$159. Not applicable to Young Guns

The ONLINE - On Demand option is \$169 for the Term.

Casual sessions = \$30 for Adults and \$20 for Young Guns (variation is \$35 for Mytrailgroup Plus)

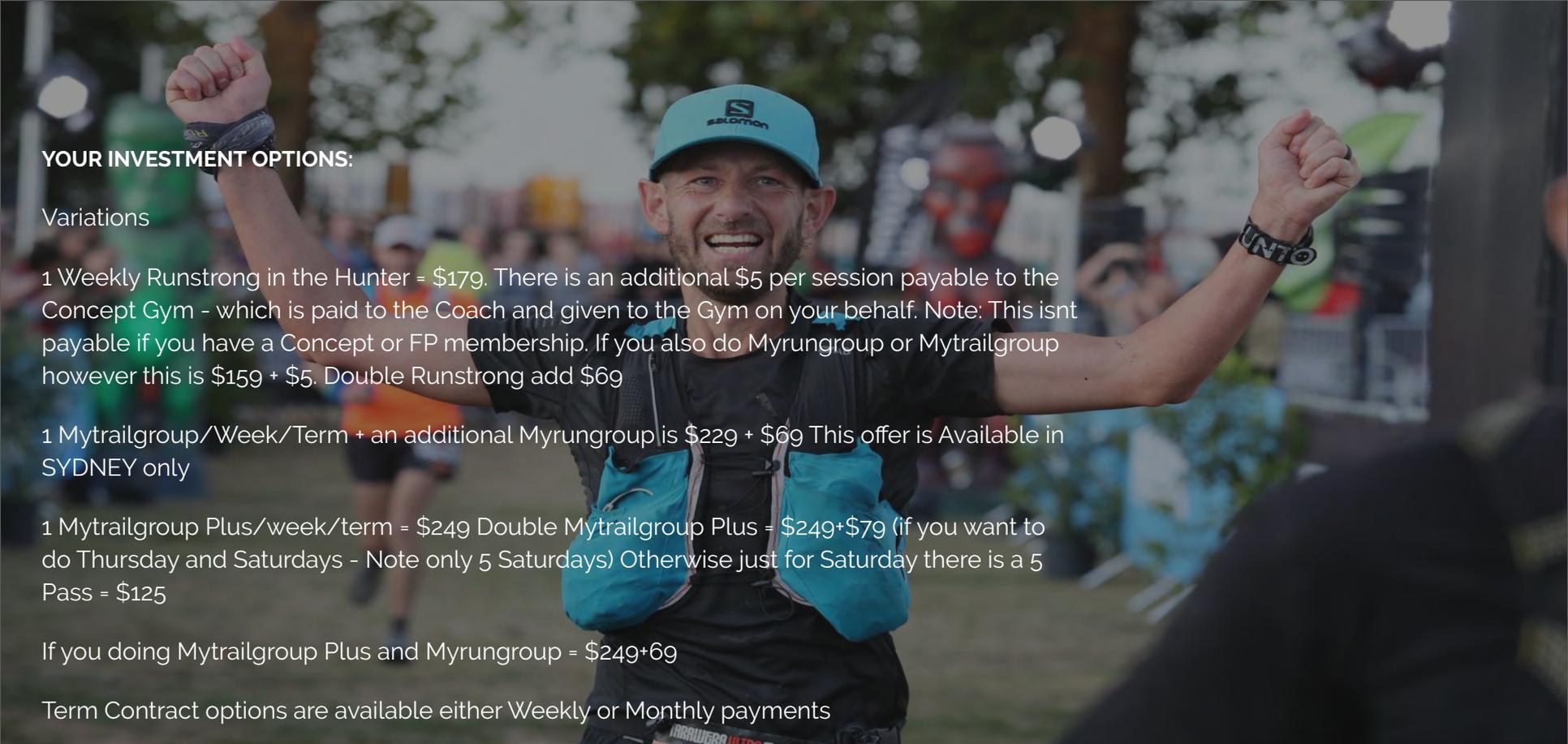
\* The Thursday PM Mytrailgroup and Saturday (Hunter only) sessions are extended, include hydration and park fees - and are slightly more expensive, see next page

**TARAWERA**  
**ULTRA MARATHON**

FEBRUARY 8TH 2020

OFFICIAL TIME

15:53:30



**YOUR INVESTMENT OPTIONS:**

Variations

1 Weekly Runstrong in the Hunter = \$179. There is an additional \$5 per session payable to the Concept Gym - which is paid to the Coach and given to the Gym on your behalf. Note: This isn't payable if you have a Concept or FP membership. If you also do Myrungroup or Mytrailgroup however this is \$159 + \$5. Double Runstrong add \$69

1 Mytrailgroup/Week/Term + an additional Myrungroup is \$229 + \$69 This offer is Available in SYDNEY only

1 Mytrailgroup Plus/week/term = \$249 Double Mytrailgroup Plus = \$249+\$79 (if you want to do Thursday and Saturdays - Note only 5 Saturdays) Otherwise just for Saturday there is a 5 Pass = \$125

If you doing Mytrailgroup Plus and Myrungroup = \$249+69

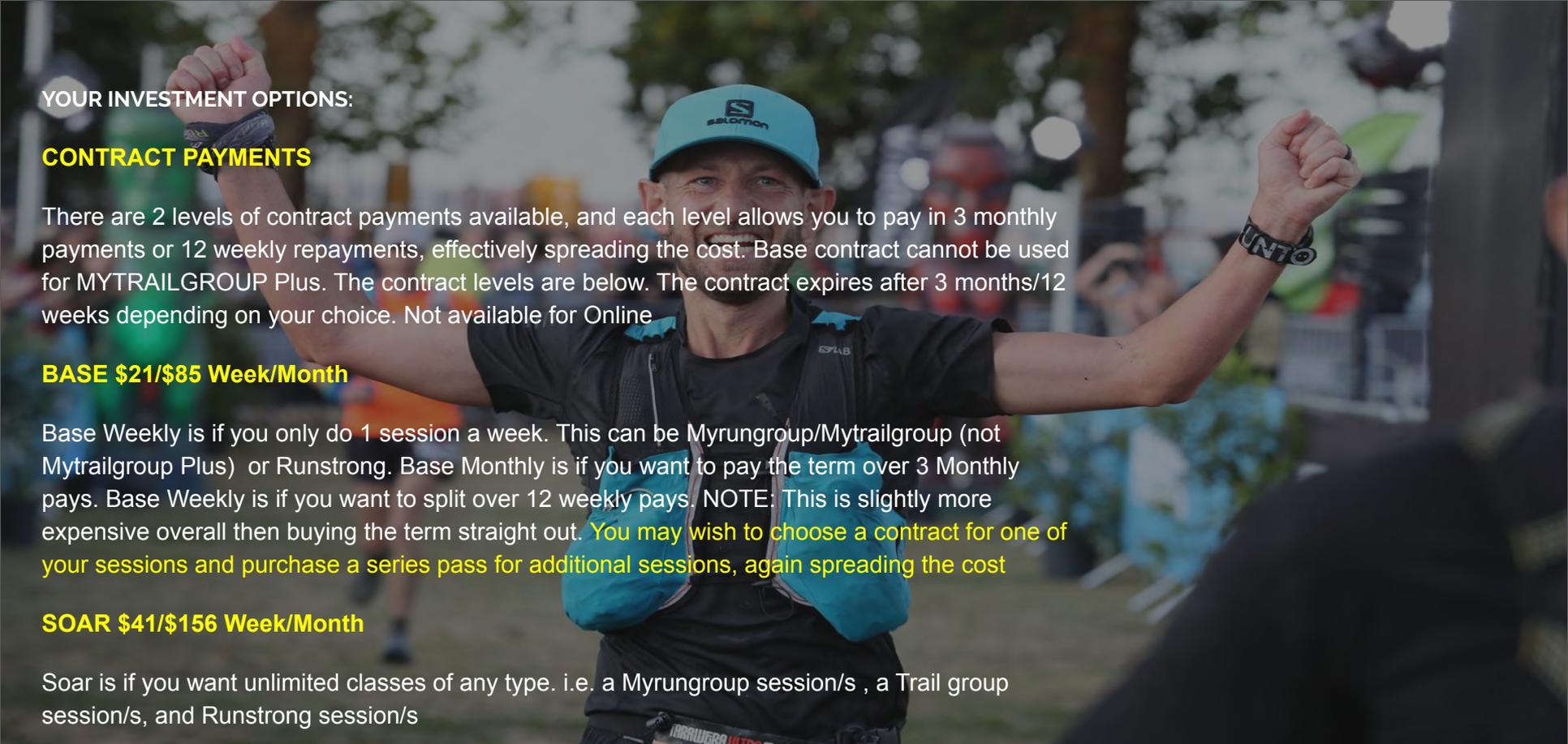
Term Contract options are available either Weekly or Monthly payments

**TARAWERA**  
**ULTRA MARATHON**

FEBRUARY 8TH 2020

OFFICIAL TIME

15:53:30



**YOUR INVESTMENT OPTIONS:**

**CONTRACT PAYMENTS**

There are 2 levels of contract payments available, and each level allows you to pay in 3 monthly payments or 12 weekly repayments, effectively spreading the cost. Base contract cannot be used for MYTRAILGROUP Plus. The contract levels are below. The contract expires after 3 months/12 weeks depending on your choice. Not available for Online

**BASE \$21/\$85 Week/Month**

Base Weekly is if you only do 1 session a week. This can be Myrungroup/Mytrailgroup (not Mytrailgroup Plus) 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. NOTE: This is slightly more expensive overall then buying the term straight out. **You may wish to choose a contract for one of your sessions and purchase a series pass for additional sessions, again spreading the cost**

**SOAR \$41/\$156 Week/Month**

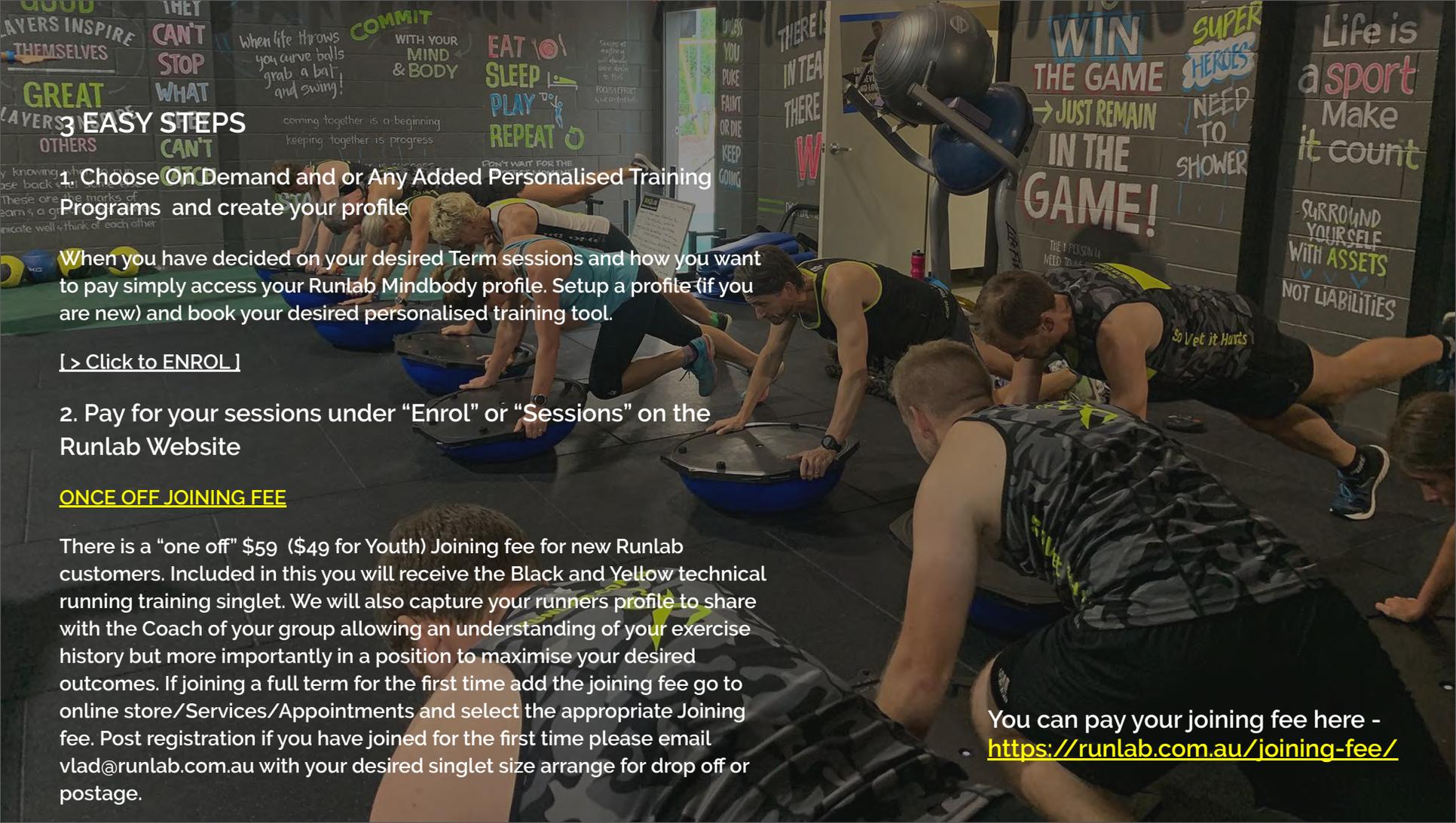
Soar is if you want unlimited classes of any type. i.e. a Myrungroup session/s , a Trail group session/s, and Runstrong session/s

**TARAWERA  
ULTRA MARATHON**

FEBRUARY 8TH 2020

OFFICIAL TIME

15:53:30



### 3 EASY STEPS

#### 1. Choose On Demand and or Any Added Personalised Training Programs and create your profile

When you have decided on your desired Term sessions and how you want to pay simply access your Runlab Mindbody profile. Setup a profile (if you are new) and book your desired personalised training tool.

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

#### 2. Pay for your sessions under "Enrol" or "Sessions" on the Runlab Website

##### ONCE OFF JOINING FEE

There is a "one off" \$59 (\$49 for Youth) 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 appropriate Joining fee. Post registration if you have joined for the first time please email [vlad@runlab.com.au](mailto:vlad@runlab.com.au) with your desired singlet size arrange for drop off or postage.

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

## NEW RUNNERS PROCESS

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

Purchase your services

Book into your program with your credit – select recurring to book all 10 weeks

ADD your once off joining fee – This is found in our online store as Joining fee.  
The joining fee includes a training racer singlet. Choose from two options.

The \$59 gives you the Adult racer back singlet or this wider back singlet. [\[Check it out here\]](#)

\$49 gives you the Young Guns Youth Performance singlet [\[Check it out here\]](#)

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

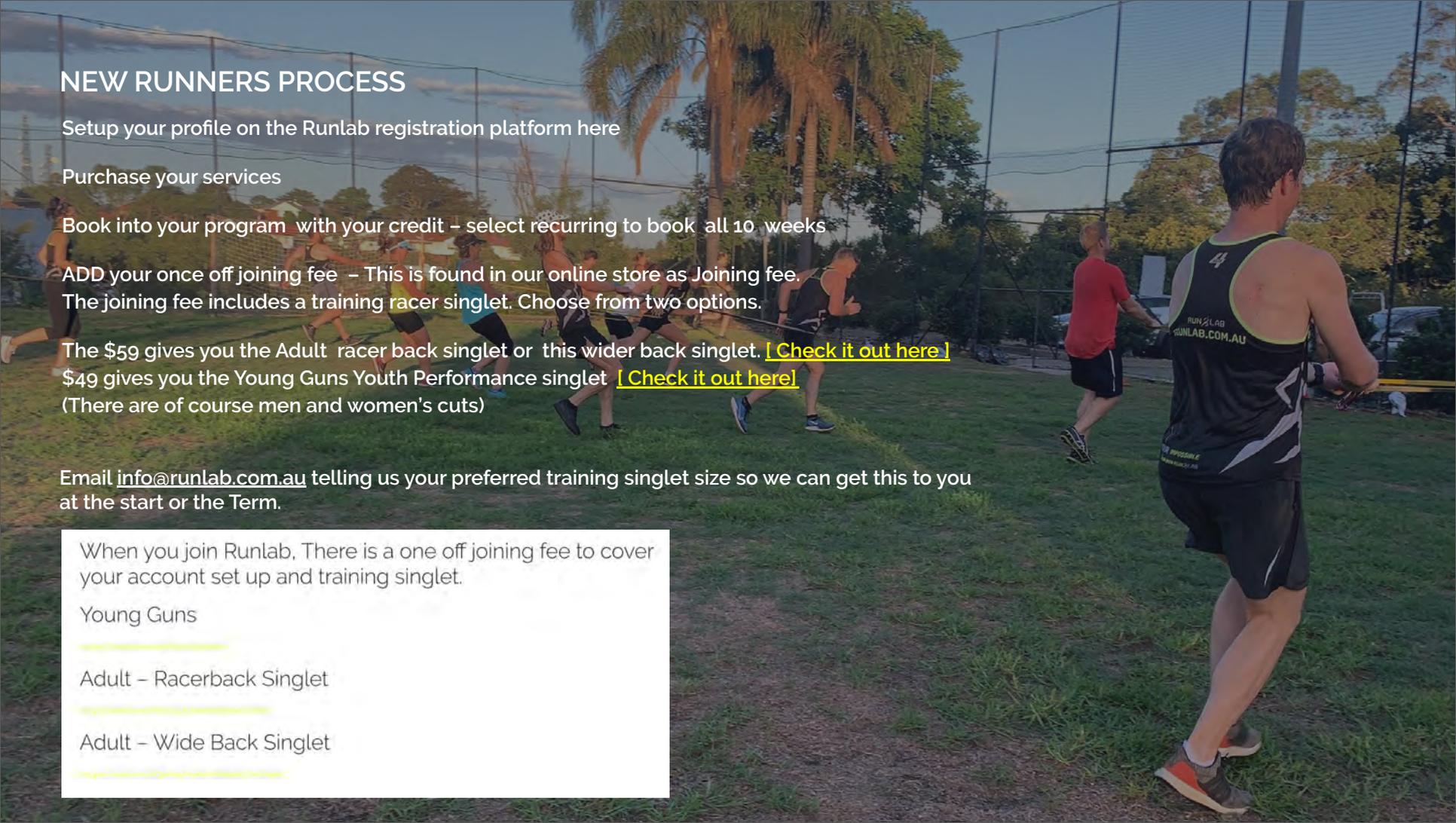
Email [info@runlab.com.au](mailto:info@runlab.com.au) telling us your preferred training singlet size so we can get this to you at the start or the Term.

When you join Runlab, There is a one off joining fee to cover your account set up and training singlet.

Young Guns

Adult – Racerback Singlet

Adult – Wide Back Singlet



## 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 3, 2020. For more info, contact the Runlab team at [info@runlab.com.au](mailto:info@runlab.com.au) [benn@runlab.com.au](mailto:benn@runlab.com.au) [vlad@runlab.com.au](mailto:vlad@runlab.com.au) [Cheryl@runlab.com.au](mailto:Cheryl@runlab.com.au)

MYRUN GROUP

RUN & STRONG

MYTRAIL GROUP

YOUNG GUNS