

MYTRAILGROUP RUN STRONG MYRUNGROUP YOUNGGUNS

EVERY SESSION COUNTS



RUN LAB

FACT SHEET - TERM 3 2021

#ACHIEVEYOURIMPOSSIBLE



# Welcome to TERM 3 2021

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. We operate as a Covid safe business, your health is a priority for us and all sessions are run with any NSW Health recommendations implemented.

TERM 3 is always a very exciting Term. Day length increases as the term progresses, rewarding those that have trained well throughout the tougher weeks with improved running fitness and potentially excellent runs in many of the upcoming running events road and trail.

EVERY SESSION COUNTS will be the theme of our TERM. Not only will our 10 weeks of run/gym/yoga\* sessions build your strength and fitness. We will run a Fortnightly Sunday zoom runners check in which will specifically include educational tasks to develop your running. These Zoom sessions are your opportunity to also engage with the wider group and your Coaches - a recording is also available to watch at your convenience

***On Sunday 11th July - We will run a Term 3 kickoff. In this session we will cover off all of this and more, so that you are set to go from session #1***

\*Yoga - specifically run yoga is currently only available in the Hunter on Friday's

**Term starts Monday 12th 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.





## MYRUNGROUP

- 5:45AM MEREWETHER TUESDAYS
- 5:30PM MAITLAND TUESDAYS
- 5:30PM LAKE MAC TUESDAYS

## MYTRAILGROUP/MYTRAILGROUP PLUS\*

- 5:45AM NEWCASTLE THURSDAYS
- 5:30PM NEWCASTLE THURSDAYS

## RUNSTRONG

- 6PM MONDAYS CORNERSTONE S&C ADAMSTOWN
- 5:45PM WEDNESDAYS THE CONCEPT NEWCASTLE

## YOUNG GUNS + DEVELOPMENT SQUAD

- 4PM MONDAYS NEWCASTLE (Track session)
- 4PM THURSDAYS NEWCASTLE (Trail running session)

## RUN RECOVERY-YOGA

- 6AM FRIDAYS NEWCASTLE (Townson Oval - The Green Room)

SESSIONS Term 3 2021 - **HUNTER**





# SESSIONS Term 2 2021 - **SYDNEY**

## MYRUNGROUP

- 5:45AM ALEXANDRIA FRIDAYS

## MYTRAILGROUP

- 5:45AM MAROUBRA WEDNESDAYS

## RUNSTRONG

- 5:45AM ROSEBURY TUESDAYS



# Welcome to Term 3 2021 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

IG - [@Vlad\\_protrailrunner](#)

Follow us online to stay updated  
Strava - [/pros/vshatrov](#)

FB - [@VladShatrovRunner](#)

FB - [@MYRUNLAB](#)

## Term starts 12th July

Complete the Expressions of Interest form to be given express 48 hours notice of entry into Term 3. General entries open from the 12th July

**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

All ATHLETES joining us for a regular weekly session in Term 3 have these inclusions in ADDITION to the actual running sessions you have added to your term membership

1. A FORTNIGHTLY 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 and training questions. Usually Sundays 4pm, 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
3. Access to THESE exclusive discounts from our valued partners
4. Weekly Live Runstrong Zoom wednesday PM which you can join in or do at a time that better suits.





## ONLINE OFFERING - INCLUSIONS & BENEFITS.

All ATHLETES joining us for online sessions in Term 3 - Have these inclusions

The LIVE FORTNIGHTLY 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 Fortnightly 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

# 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 tagline "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](#)**



# 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



# Session types - Continued

## **YOUNG GUNS + YOUNG GUNS PERFORMANCE!**

Young Guns is the RUNLAB offering for junior runners. In Term 1 2021 we will be offering 2 weekly sessions. The sessions are interval based running sessions with added drills to better develop efficient running technique. The interval sessions are aimed at improving strength, speed and fitness geared towards distance and cross country running. Sessions are run on ovals or fire trails off road in and around the Newcastle area.

Young Guns Performance - **Mondays 4pm.** This session is targeted towards junior runners that take their running seriously and are able to commit to run training at least once more during the week. This can be by joining the Thursday pm session or by doing the session in their own time during the week.

Young Guns - Thursdays 4pm. For all runners! Our regular offering of drills and intervals.

**NOTE: Young Runners 13 and above, may be able to join in with our regular adult squad depending on their ability.**



# 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/)





## REAL VALUE. RUNLAB MEMBER BENEFITS & PARTNER OFFERS

By signing up to a Term you are gain  
access to our partner offers,  
discounted race entries and end of  
Term awards

[More details here](#)





# HOW WE INTERACT and STAY IN TOUCH with our Athletes.

We give you the following options for getting your important updates:

WEEKLY FACE2FACE sessions with coaches - Training advice

YOUR TRAINING GROUP MESSENGER CHAT - Any updates on the session location/time etc

TERM ATHLETES FACEBOOK GROUP - All zoom invites, recordings and group messages

WEEKLY E-NEWS - an email summary of sessions and what's coming up next for Term runners and the wider running community

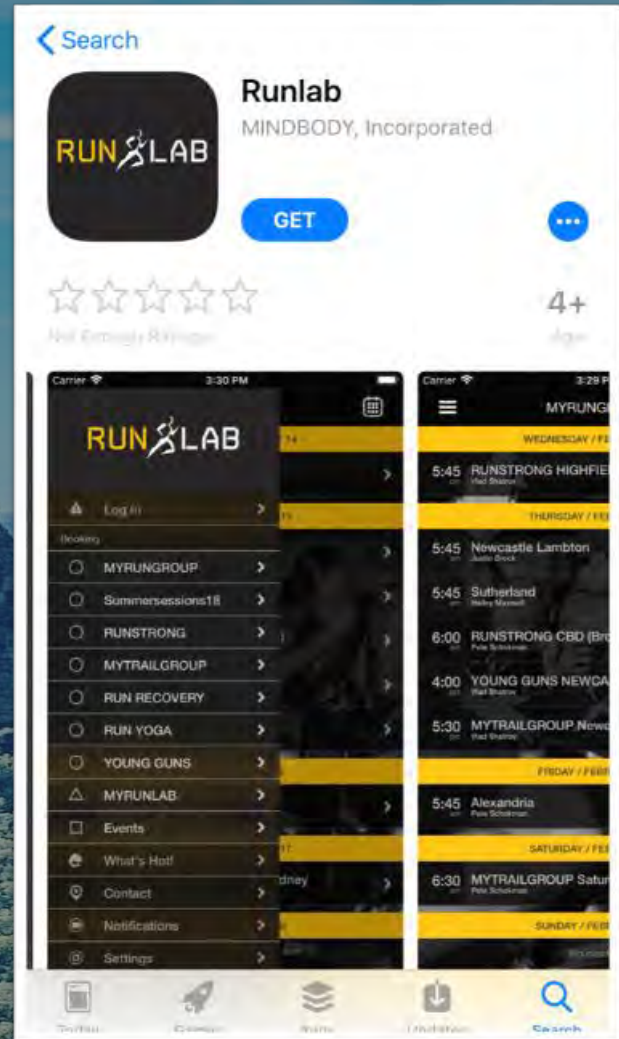
RUNLAB WEBSITE - Our website contains information on everything Runlab including entering the Term  
- Supersessions - Online store for merchandise and more



## 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](#)





## YOUR INVESTMENT OPTIONS: **UPFRONT PAYMENTS**

1 X Weekly Session/Term = \$229 for Myrungroup/Mytrailgroup\*. \$169 for Runstrong\*\*

2 X Weekly sessions of the same group type/Week/Term = \$229 + \$69. Young Guns \$149 + \$59

2 X Weekly sessions of different group type (ie RUNSTRONG) = \$229 + \$169. Not applicable to Young Guns

3 X Weekly sessions = \$229 + \$169 + \$69

Run recovery (Hunter only) is \$75 or \$15 per session

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

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

\* Mytrailgroup plus is a 90 minute trail running session offered currently Thursday 5:30pm in the Hunter.

\*\* Hunter Runstrong sessions pay \$5 per class in addition to the \$169. This is a cash payment to your coach



## YOUR INVESTMENT OPTIONS FOR: **CONTRACT PAYMENTS**

There are 3 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 and therefore you need to re purchase a contract for each term. (Not available for the Online only offering)

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

Base Weekly is if you only do 1 running session a week. This can be Myrungroup/Mytrailgroup (not Mytrailgroup Plus). Base Monthly is if you want to pay the term over 3 Monthly pays.

### **EXCEL \$35/\$133 Week/Month**

Excel Weekly is if you only do 1 running session and 1 Runstrong session. This can be Myrungroup or Mytrailgroup (not Mytrailgroup Plus) and Runstrong. Excel Monthly is if you want to pay the term over 3 Monthly pays.

### **SOAR \$41/\$156 Week/Month (Hunter Only)**

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 and also Run Recovery

## Combo options!

**1 run , 1 runstrong and another run weekly**

It's possible to use EXCEL to pay for a Runstrong and Mytrailgroup or Myrungroup session and if you wanted to do another third session just pay the \$69 add on separately to a contract

You can also use BASE to pay for one of your weekly run sessions and add a \$169 Runstrong or \$69 run session for your second session

### **SOAR**

**This is a great option for HUNTER runners allowing you to do up to 5 weekly sessions including Run recovery**



### 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

3. Add Joining fee (if applicable)

#### ONCE OFF JOINING FEE

Post registration if you have joined for the first time please email [cheryl@runlab.com.au](mailto:cheryl@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/>



## 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, 2021. 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

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YOUNG GUNS