

TERM 4 2022

BELIEVE

RUN  **LAB**

MYTRAILGROUP **RUN**  **STRONG** **MYRUNGROUP** **YOUNGGUNS**

#ACHIEVEYOURIMPOSSIBLE

Welcome to TERM 4 2022

A MESSAGE FROM VLAD SHATROV, Runlab Founder-Coach.

BELIEVE is the theme of Term 4. We will deliver a combination of sessions available at our outdoor locations, together with zoom options. In addition to these coached physical sessions, our educational component will be offered to runners allowing an opportunity to become better equipped in complementing their physical adaptations. With so many runners about to compete in GOAL races in Term 4 - we will be working on helping you BELIEVE that you can achieve your impossible.

We have just also recently updated our Online offering which many runners enrol in, in addition to physical sessions, but it is also the place where runners get personal training plans from myself and team of experienced Coaches.

On Sunday 9th OCTOBER 4pm - We will run a Term 4 kickoff zoom. In this session we will cover off what's coming up in Term 4. The meeting invite We be available on [Runlab's Facebook page](#) and Term runners Facebook Page

Term starts Sunday 9th OCTOBER*.

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.

***We actually have Term break sessions running at the moment ahead of Term 4**



Ultra **Trail** Prep

PREPARE LIKE A PRO

JOIN OUR NEXT WORKSHOP
For all trailrunners - [REGISTER
HERE](#)

Tuesday 6pm the Concept
George Street - Highfields

THE **CONCEPT**

SALOMON

RUN  **LAB**

#ACHIEVEYOURIMPOSSIBLE

SESSIONS Term 4 2022 - HUNTER

MYRUNGROUP

- 5:45AM MEREWETHER TUESDAYS (Empire Park, Bar Beach)
- 5:30PM LAKE MAC TUESDAYS (Warners Bay)
- 5:30PM MAITLAND TUESDAY (Maitland Regional Athletics centre)

MYTRAILGROUP/MYTRAILGROUP PLUS*

- 5:30PM NEWCASTLE THURSDAYS (Alternates between Track and Trail)
- 5:45am NEWCASTLE THURSDAYS (Glenrock Reserve)* Final decision made numbers pending ahead of Term 4

RUNSTRONG

- 6PM MONDAYS (The Concept Gym - Highfields)
- 5:45PM WEDNESDAYS (The Concept Gym - Highfields)

YOUNG GUNS

- 4PM MONDAYS (Empire Park Bar Beach)
- 4pm THURSDAYS (Glenrock)

RUN RECOVERY-YOGA

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



A black and white photograph of two runners on a sand dune. The runner in the foreground is wearing a dark t-shirt, shorts, and a white cap, running away from the camera. The runner in the background is wearing a light-colored t-shirt and shorts, also running away from the camera. The dune is covered in sparse, low-lying vegetation. The sky is clear and bright.

SESSIONS Term 4 2022 - **SYDNEY**

MYRUNGROUP

- 5:45AM ALEXANDRIA FRIDAYS

MYTRAILGROUP

- 5:45AM MAROUBRA WEDNESDAYS

RUNSTRONG

6AM ZOOM TUESDAYS

Welcome to Term 4 2022 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

Follow us online to stay updated

IG - [@Vlad_protrailrunner](#)

Strava - [/pros/vshatrov](#)

FB - [@VladShatrovRunner](#)

FB - [@MYRUNLAB](#)

Term starts 9th October

Entries now open. Go to runlab.com.au/sessions to book.

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 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 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 1 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.

RUNLAB ONLINE - BY



PROTRAILRUNNER
VLAD SHATROV

Runners looking to **ACHIEVE** their own personal best can choose from two levels of **ONLINE** Memberships. This suits both runners that cannot access physical Runlab sessions or Runners looking for that extra edge for their upcoming events.

We have runners from all over Australia and the world who are on our online only memberships. Some of these runners also attend our Weekly Runlab sessions - others want to access our expertise and train when it better suits them.

The following slide is a summary of the levels.
Please email vlad@runlab.com.au if you would like to discuss this further.

ONLINE OFFERING - INCLUSIONS & BENEFITS

RUNLAB GOLD

MEMBERSHIP INCLUDES

- ACCESS TO 8 WK PROGRAM
- ACCESS TO 4 WK PROGRAM
- PARTNER DISCOUNTS
- EDUCATIONAL ZOOMS
- EXCLUSIVE FB GROUP ACCESS
- ONLINE SUPPORT

RUNLAB
PROTRAILRUNNER

The graphic for Runlab Gold features a runner on a dirt path in the background. A yellow box contains six icons: a runner, a hand pointing to a document, a percentage sign, a video camera, a group of people, and two hands shaking. The text 'MEMBERSHIP INCLUDES' is at the top of the box. The Runlab and ProTrailRunner logos are at the bottom right.

Runlab Gold (\$10/wk)

- Access to **4 & 8 Week Program**
- **Weekly** Educational Session + **Runners Check-In** via Zoom
- Partner discounts of **10%** at **Salomon, Suunto, Lebent, FIXX & Tailwind**
- **Access** to the exclusive **Facebook** group

RUNLAB PLATINUM

MEMBERSHIP INCLUDES

- ACCESS TO 8 WK PROGRAM
- ACCESS TO 4 WK PROGRAM
- MONTHLY PERSONAL PLAN
- EDUCATIONAL ZOOMS
- EXCLUSIVE FB GROUP ACCESS
- PARTNER DISCOUNTS

RUNLAB
PROTRAILRUNNER

The graphic for Runlab Platinum features a runner on a dirt path in the background. A yellow box contains six icons: a runner, a hand pointing to a document, a calendar, a video camera, a group of people, and a percentage sign. The text 'MEMBERSHIP INCLUDES' is at the top of the box. The Runlab and ProTrailRunner logos are at the bottom right.

Runlab Platinum (\$15/wk)

- **All Gold** member inclusions
- A **personal** customised **running program** with **monthly, individual 1:1 check-ins**
- Platinum partner discounts of **20%** at **Salomon**, and **15%** at **Suunto, Lebent, FIXX & Tailwind**

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!

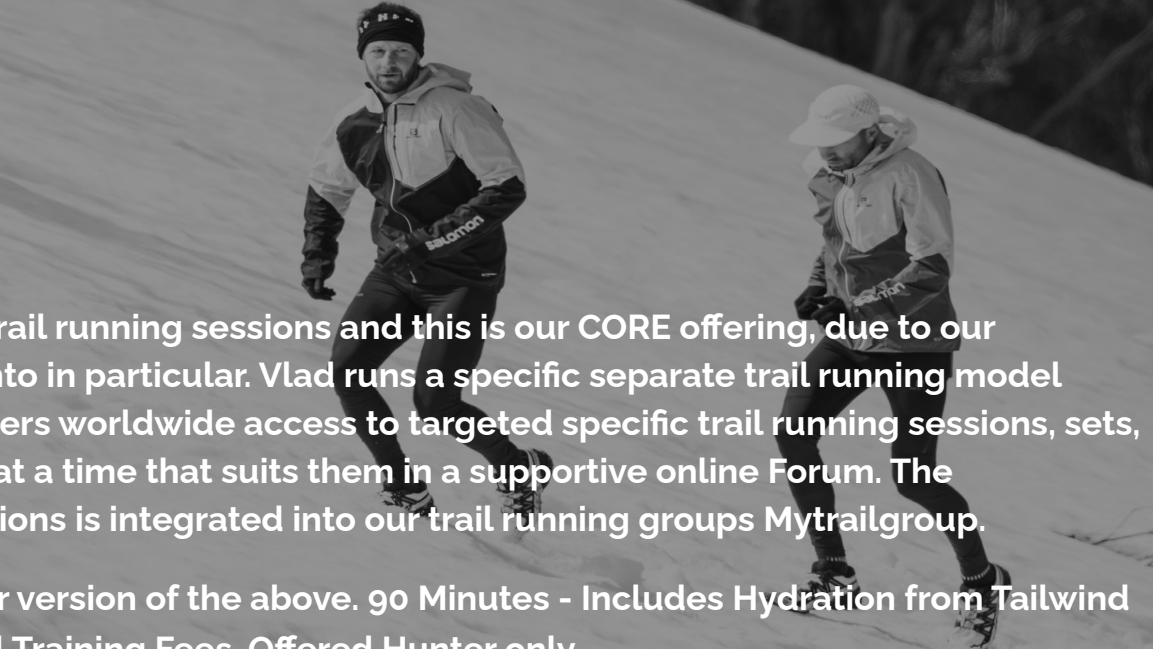
Road Running Training - MYRUNGROUP

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.

A black and white photograph of two trail runners in winter gear running on a snowy slope. The runner in the foreground is wearing a dark and light jacket, dark pants, and a headband. The runner in the background is wearing a light-colored jacket, dark pants, and a white hat. Both are wearing Salomon brand shoes. The background shows a snowy mountain slope with some trees.

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 is the RUNLAB offering for junior runners. In Term 4 2022 we will be offering 2 weekly sessions on a Monday and Thursday. 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 - MONDAY's 4pm and THURSDAY's 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.

REAL VALUE. RUNLAB MEMBER BENEFITS & PARTNER OFFERS

By signing up to a Term/Online 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

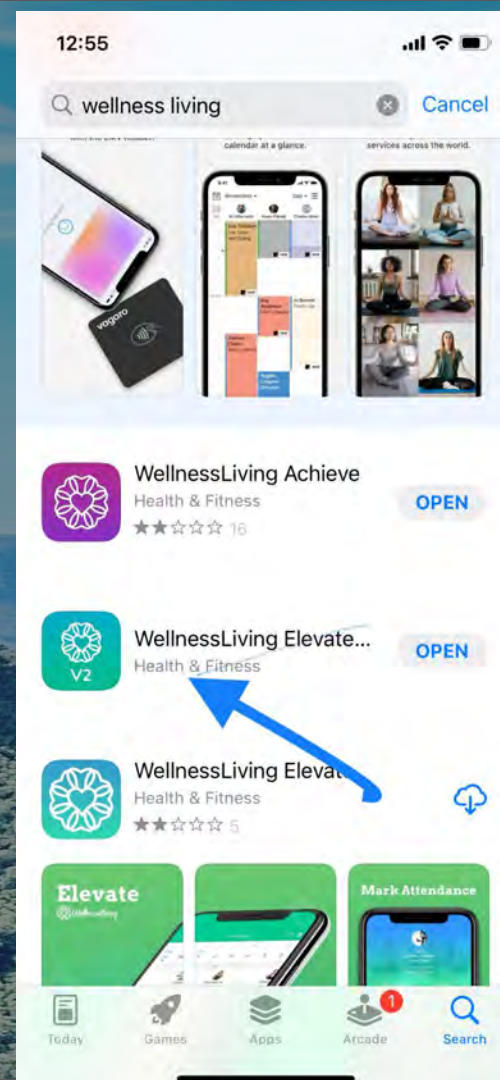
WEEKLY ZOOM for all ONGROUND and ONLINE Coaches. Zoom invite available in Facebook groups - this is usually Sunday PM with a recording available for everyone to watch at their convenience

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**

TO SIGNUP and REGISTER FOR TERM 4

Sessions can be booked via the Runlab Website and via Wellness Living Elevate APP or Desktop. Simply login or download and setup an account or [sign up to an account if you are just joining](#).



YOUR INVESTMENT OPTIONS: **UPFRONT PAYMENTS**

1 X Weekly Session/Term = \$239 for Myrungroup/Mytrailgroup*. \$179 for Runstrong**

2 X Weekly sessions of the same group type/Week/Term = \$239 + \$69. Young Guns \$149 + \$59

2 X Weekly sessions of different group type (ie MYRUNGROUP + RUNSTRONG) = \$239 + \$179. Not applicable to Young Guns

3 X Weekly sessions = \$239 + \$169 + \$69

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

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

** Hunter Runstrong sessions pay \$5 per class in addition to the \$179. 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 \$22/\$80 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 \$43/\$170 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 \$179 Runstrong or \$69 run session for your second session

SOAR

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