

ACHIEVE YOUR IMPOSSIBLE ACHIEVE YOUR IMPOSSIBLE ACHIEVE YOUR IMPOSSIBLE

THE TIME IS NOW

RUN  LAB

TERM 3 2023

MYTRAILGROUP RUN  STRONG MYRUNGROUP

ACHIEVE YOUR IMPOSSIBLE ACHIEVE YOUR IMPOSSIBLE ACHIEVE YOUR IMPOSSIBLE

Welcome to TERM 3 2023

A MESSAGE FROM VLAD SHATROV, Runlab Founder-Coach.

THE TIME IS NOW is the theme of Term 3. 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. Most zoom sessions are on a Sunday at 16:00 AEST. These are recorded for your benefit. We will be working on helping you 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 16TH JULY AT 4pm - We will run a Term 3 kickoff zoom. In this session we will cover off what's coming up in Term 3. The meeting invite We be available on [Runlab's Facebook page](#) and Term runners Facebook Page as well as being emailed to you in our ENEWS.

Term starts Sunday 16TH 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 2023

A MESSAGE FROM VLAD SHATROV, Runlab Founder-Coach.

RUNLAB is a leader in the field of delivering professional sessions to help runners of all abilities improve. Assisting Vlad Shatrov as the lead Coach, we have a group of highly accredited Coaches who are all experts in the Fitness Industry AND Runners that know what it takes to improve, and help Vlad deliver the weekly Onground sessions in combination with our online sessions too.

We have a large number of professional businesses that partner up with us to give our Runners additional benefits to support their running - These partners value the Relationship with Runlab and so do we! This includes Salomon/Lebent/Fixx/Pace Athletic/Aviano/Achieve Podiatry/Pure Performance/The Stretch Lab

Vlad has a wealth of knowledge and is leading Athlete in the world of Ultra running Currently. This knowledge and experience allows us to deliver leading trailrunning Sessions that many people come to runlab for.

To those joining for the **first time** we are fully flexible, so if you miss your normal session in a week - make it up in any other sessions in that TERM. Also **ANYTIME** is a good time to start - we offer pro rata entry if you enter during the term.

Checkout our upcoming Workshop - Supersession and Runcamp all happening shortly

UPCOMING ACTIVATIONS

RUNCAMP THREDBO

Ideal for anyone training for ULTRAS
And UTK - 2 nights 3 days in Thredbo.

These camps are suitable for all levels
Of runners and you will be guided and
Challenged by 6 coaches.

All entrants receive event tee, partner
Discounts, training nutrition, education
Around Ultra's and Accomodation and
Meals.

[Go here for details](#)

KOSCI UTK PREP CAMP

Thredbo 13th-15th October 2023



RUN LAB

UPCOMING ACTIVATIONS

TOMAREE SUPERSESSION

Ideal for anyone wanting to improve their fitness and trail running endurance.

Join us for a day out on the recently improved trails in the Tomaree National Park. Session starts 7:30am. Entrants receive FIXX fuel - FIXX Nutrition Crampfix + Fuel X Pro sachet and post run chilled drinks.

This session will specifically cover the short AND long course of the upcoming Tomaree Trail Run, this will allow you to prepare for this event to improve your race day performance.

[Go here for details](#)

TOMAREE SUPER SESSION

TRAIL RUN
AUSTRALIA

Race course Recce - a fun day out on the trails
22nd July 12:30pm

RUN LAB

UPCOMING ACTIVATIONS

THIS IS TRAILRUNNING

This is a one day EPIC session which includes practical and theoretical elements to give you a HUGE helping hand to take on your trail running adventures.

Included:

Guided trail run

Nutrition workshop

Strength for runners session

Mental Strength workshop

TRY on Salomon shoes and gear

TRY FIXX nutrition

Event long sleeve top

Lebent socks

STRICTLY LIMITED TO 50.

[Go here for details](#)



RUN LAB

THIS IS TRAIL RUNNING

A DAY OF ADVENTURE

30/09/23

SESSIONS Term 3 2023 - HUNTER

MYRUNGROUP

- 5:45AM MEREWETHER TUESDAYS (Empire Park, Bar Beach)
- 5:30PM LAKE MAC TUESDAYS (Speers Point or Glendale -Hunter Athletics centre)

MYTRAILGROUP/MYTRAILGROUP PLUS'

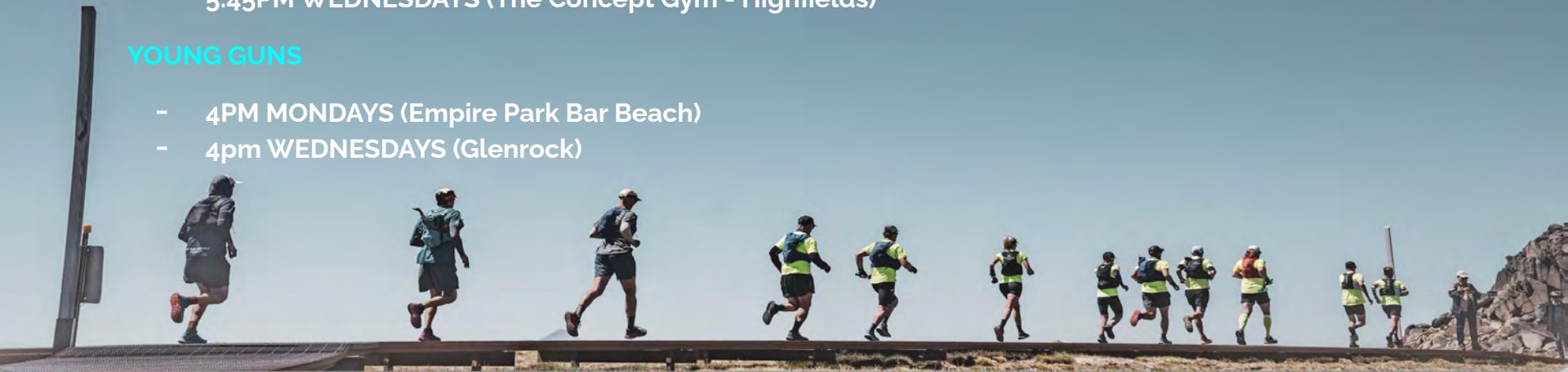
- 5:30PM NEWCASTLE THURSDAYS Glenrock

RUNSTRONG

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

YOUNG GUNS

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



SESSIONS Term 3 2023 -

SYDNEY + CENTRAL COAST

MYTRAILGROUP

- 6:00pm Manly Dam Mondays
- 6:00am Centennial Park Wednesdays
- 5:30pm Central Coast Wednesdays



Welcome to Term 3 2023 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 16th JULY

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.
5. The Runlab only exclusive discounts with our partners allowing you to purchase nutrition and running apparel from our partners

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

Gold \$50 Monthly and Platinum \$70 Monthly

Our Memberships



Runlab Gold

- 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

- A **personal** customised [running program](#) with **monthly, individual 1:1 check-ins**
- All **Gold** member inclusions
- 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 \$69 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 strength 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. We also run online training for those runners that cannot attend our on the grounds sessions. RUNLAB ONLINE 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 FIXX 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 3 2023 we will be offering 2 weekly sessions on a Monday and a Wednesday. 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 WEDNESDAYS 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 ON GROUND 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

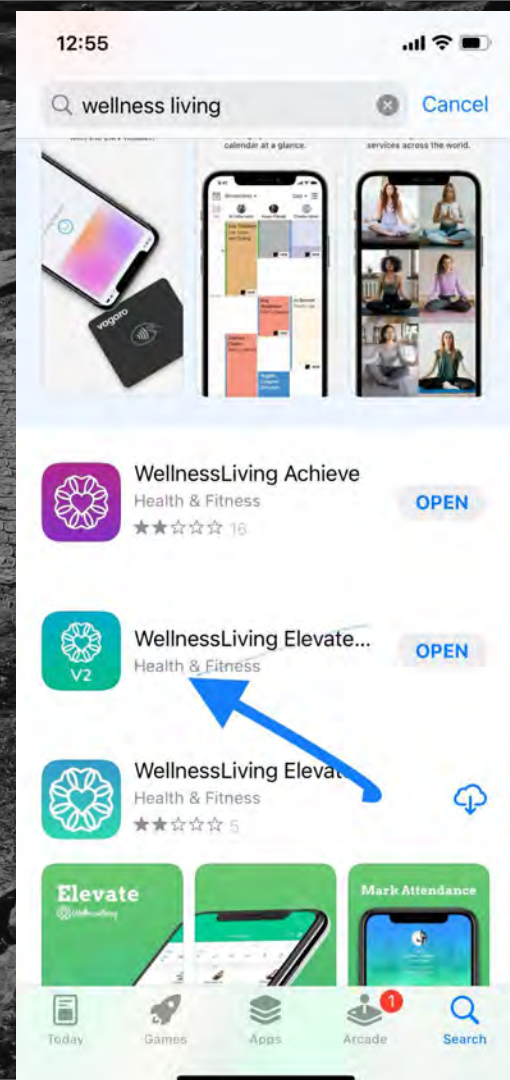
WEEKLY E-NEWS - an email summary of sessions and what's coming up next for Term runners and the wider running community

**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 3

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](#).

Runners joining the Term for the first time - please also purchase the one off JOINING FEE and we will ensure that you receive your Runlab training Singlet too.



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 + \$79. Young Guns \$149 + \$59

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

3 X Weekly sessions = \$239 + \$169 + \$79

Casual sessions = \$30 for Adults and \$20 for Young Guns * Mytrailgroup plus is a 90 minute trail running session offered currently Thursday 5:30pm Newcastle

** Hunter Runstrong sessions pay \$5 per class in addition to the \$179 (unless you have a FP or Concept membership) 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 \$36/\$140 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 \$79 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