

ACHIEVE YOUR IMPOSSIBLE ACHIEVE YOUR IMPOSSIBLE ACHIEVE YOUR IMPOSSIBLE

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RUN LAB

# TERM 1 2024

RUNNING SESSIONS TO ACHIEVE YOUR IMPOSSIBLE

MYTRAILGROUP RUN STRONG MYRUNGROUP



# Welcome to TERM 1 2024

A MESSAGE FROM VLAD SHATROV, Runlab Founder-Coach.

**WELCOME RUNNERS in Term 1 2024** We will deliver a combination of sessions available at our outdoor locations and the Concept Gym, 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.

In the most exciting news for Trail runners in Australia - The Golden Trail Series (GTS) is coming to Australia! Runlab is the official training partner in one of the series races being the Coastal Ascent June 9th 2024. More info on that below

***On Sunday 28th January AT 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 as well as being emailed to you in our ENEWS.***

**Term starts Sunday 24th January**

**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 1 2024

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/Fenix Lights/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 race THE COASTAL ASCENT



## UPCOMING ACTIVATIONS

### THE COASTAL ASCENT

The Coastal Ascent is a trail running event for all levels of trail runner. In 2024 held right in Newcastle.

The Race starts at Dixon Park and quickly makes its way into Glenrock. All courses are challenging but so rewarding including the 5km 11km 25km signature event and the new 50km Ultra

[Go here for details](#)



# THE COASTAL ASCENT

T R A I L   R U N

POWERED BY

***SALOMON***



# UPCOMING ACTIVATIONS

## THE COASTAL ASCENT

The HUGE NEWS for 24 is that the GTS is coming to Australia and the Coastal Ascent is one of the four races in this series - More runners more rewards - all welcome - the European trailrunning vibe is coming. Runlab is the official training partner of the Coastal Ascent and we are the event race directors. All Runlab runners will get 10% discount codes and access to a VIP bag drop area for race day. Keep an eye out for our Monthly training runs on course



# UPCOMING ACTIVATIONS

## KATOOMBA SUPERSESSION

This is a one day EPIC session which includes practical and theoretical elements to give you a HUGE helping hand to take on UTA in 2024. This will be on Saturday 13th April - details available start of Term 1

## OCTOBER RUNCAMP

2 nights 3 day Runcamp  
In Thredbo in October in prep for UTK  
Or just to run in the mountains!



# **SESSIONS Term 1 2024- HUNTER + SYDNEY**

## **MYRUNGROUP**

- **5:45AM MEREWETHER TUESDAYS** (Empire Park, Bar Beach)
- **5:45PM LAKE MAC TUESDAYS FEIGHAN OVAL WARNERS BAY**

## **MYTRAILGROUP/MYTRAILGROUP PLUS\***

- **6PM MANLY MONDAYS** Manly Dam
- **6PM NEWCASTLE THURSDAYS** Glenrock

## **RUNSTRONG**

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

## **YOUNG GUNS**

- **4PM MONDAYS NEW ACCELERATOR** (Highschool aged advanced runners)
- **4pm WEDNESDAYS** The Concept (Run and Strength)





# Welcome to Term 1 2024 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 24th Jan**

Entries now open. Go to [runlab.com.au/sessions](https://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 1 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](mailto:vlad@runlab.com.au) if you would like to discuss this further.





# ONLINE OFFERING - INCLUSIONS & BENEFITS

## Gold \$50 Monthly and Platinum \$80 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 4 2023 we will be offering 2 weekly sessions on a Monday and a Wednesday at 4pm and a NEW ACCELERATOR program for advanced High school runners on a Monday. 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.

Full details and cost of the Accelerator program will be available [HERE](#) shortly

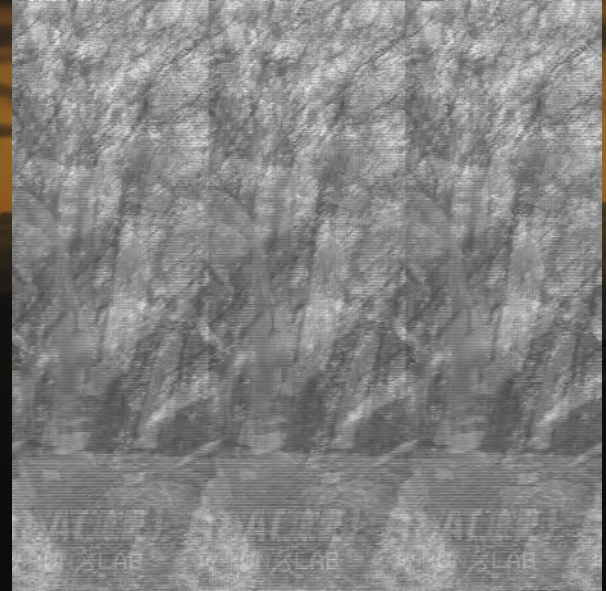
If using an Active Kids Voucher - email the voucher to [vlad@runlab.com.au](mailto:vlad@runlab.com.au) together with your runners

DOB. Then when entering online select the Young Guns payment option with the voucher amount removed

# Session types - Continued

## ACCELERATOR - New offering

High school aged runners with intentions to Compete. With this offering runners receive the 10 Monday sessions and can also attend Wednesday 4pm Young guns or Thursday 6pm Mytrailgroup With the adult squad - An additional workshop Will be run on Nutrition/Mental strength each term And some of the sessions will run for more than 1 hour





## 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

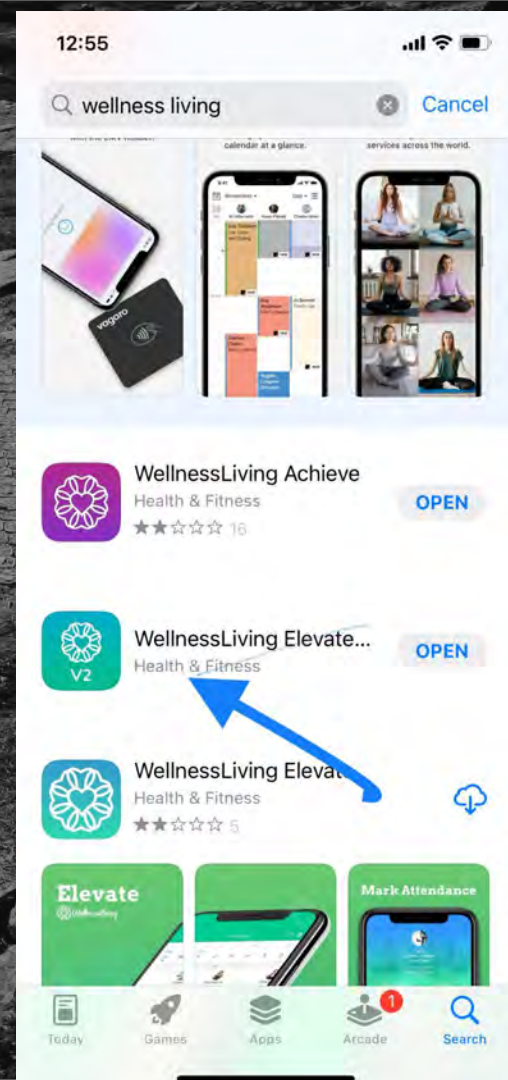
RUNLAB WEBSITE - Our website contains information on everything Runlab including entering the Term  
- Supersessions - Online store for merchandise and more



# TO SIGNUP and REGISTER FOR TERM 1

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 MYRUNGROUP + RUNSTRONG)** = \$239 + \$179. Not applicable to Young Guns

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

YOUNG GUNS Term \$149 ACCELERATOR Term \$239 (with \$50 less options with Active Kids)

**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**