



When you're training to be the best in your chosen sport, endurance and the right training methods are the key factors. At least that's what I believe.

I'm Vladimir Shatrov and I found running – running didn't find me. I do it because I enjoy it. And I want to do the best I can. Determination is likely my major trait.

I was born in Sydney to Russian/Australian parents, with a very strong attachment to my Russian heritage from my Father's side, together with a very religious upbringing from my Orthodox parents. Living in Sydney I was exposed to all sides of the social sphere and church, along with a Russian school, cricket, piano and more. In 1988 we moved to the country (I was 9), with acres of grazing land and a champion stock of Merino sheep. I returned to Sydney for university and it was while I was studying that I began to take more notice of my physical condition (all the buzz of uni and work meant I was gaining weight fast). It was then that my desire to compete, train and be fit was sparked.

I started training, competed and eventually started my fitness business, Runlab.

Runlab was born from the desire to help runners of all abilities understand their running better, to challenge themselves and to improve their fitness and capabilities as a runner. Whether you're new to running, or if you're looking to become a faster

runner, understanding what you do and how you do it, and taking the right advice and putting it to work, is the key to helping you "achieve your impossible".

While I'm relatively fresh to competitive running, my typical training week for me has me running somewhere around 170-220 kilometres and I've competed in some fantastic events, the most recent being the Tokyo Marathon in February 2016, where I clocked a time of 2:29:06 (a disappointing race but I still went on to finish the job rather than give up when I could have easily given up) for an event of 42.195 kilometres. In 2015 I achieved a time of 2:18:40 at the Berlin Marathon and an Olympic qualifier for the Rio games, my best time yet and I believe the best is yet to come. I'm currently in training for some fantastic events over the next 12 months including the Athletics World Championships and a number of offroad events through the Salomon Pro Team. Being the 5th ranked Australian Marathon runner and having a good chance at making RIO, the next few weeks are pretty important for me and I'll be having another crack at lowering my pb, as well as staying race fit to make that team. Stay posted!

My journey into running has been an un-Orthodox one. Although gifted to a degree, I've had to work hard, I mean really, really hard to get where I am today. I've had my own challenges and on a daily and weekly basis continue to have many of the

challenges that face us all. But I have self belief that I am a very good long distance runner and I know I'm capable of achieving great things.

I find it odd that the elite running community is in many ways separated from the rest of the running world. Information can often be hard to access and it is never really easy to see who is doing what races or training sessions and what their aspirations and goals are the information you may see as an outsider can be partial and misleading. So, over the next 4 editions of Outer Edge, I'm going to give some of the best training tips so that YOU can be the best you can be. With the knowledge I've gained competing at the top!

HIGHLIGHTS OF VLAD'S CAREER:

- Berlin Marathon 2015 2:18:40
- Tokyo Marathon 2015 2:20:36
- Melbourne Marathon 2013 2:21:04
- Gold Coast Marathon 2007 2:34 (Debut Marathon)
- 1st Canberra Ultra marathon 50km road April 2013
- 1st North Face 50km Ultra marathon trail Blue Mountains May 2013
- City 2 Surf 2015 9th 44:03
- Representative Australian Age Group Triathlon World championships 2004
- 2nd French National Triathlon Championships 2004
- Port Macquarie Ironman (Debut) 2006 9:15 – Kona qualification
- Marathon PB 2:18
- Half Marathon PB 1:06
- 10000m PB 30:25

Training to Maximise Results

Whether you're a Runner, Triathlete, Adventure racer or participate in any other sport where running is a component, you will almost certainly do some type of running training in your typical training week. If you really want to make your run component one of your stronger aspects you really need to focus on running training.

Run Training The Right Way

Don't expect any real improvements to your running ability and fitness if you just go for a run. Most people are excited by the prospect of improving themselves and at Runlab, we have weekly interval based run sessions that are designed make this happen. The most noticeable change I see in runners over a good term and/or season of running is a growing sense of confidence and satisfaction. The biggest change they see, is that their times come tumbling down as they improve.

A Quality Interval Session Once A Week

These are my 5 top tips that are guaranteed to help maximise your interval session:

- Ensure you do an adequate and SPECIFIC warm-up (see below drill and form work)
- Run each of the repetitions as close to each other as possible in terms of time taken. There should be little variation in the time it takes you to do rep 1 all the way through



to rep 8 (or more)

- Know your zones. General aerobic running, Tempo running and VO2 max running and more. Make sure you stay at the correct target pace depending on the focus of that session.

- Never recover by standing still between reps

- Believe in your ability. Self doubt limits most runners from improving because they are afraid to step out of the comfort zone. A good coach will ensure you are being made accountable and encourage you throughout the session. Remember, a comfort zone is a beautiful place, but nothing ever grows there!

Mixing It Up

One of my favourite sayings is "if nothing changes, nothing changes". More and more I see people fall into the trap of getting into too much of a routine. Crazy, but true. I've personally experienced this on longer Marathon preparation



buildups. Although structure and a plan are important, if not vital – you need a shock element to improve to be faster than your competitors. The more adaptable you are, the more likely you are to succeed. Not only does the change in training provide a stimulus for the body, come race day, things change and you need to be able to adapt and not let it throw you off. Here are 3 tips:

- Do an activity once a week not related to your sport/hobby. Paddle, surf, hike and more. Just do it!

- Change the time of day you do your key sessions. Once a month or so do your long run in the late afternoon OR if you always do your key training in the morning, swap it to the evening!

- COMPETE. Enter an event you wouldn't have normally done or better still do it as a team. So rewarding and you will be sore in places that don't normally get trained!

Drill and Form Work

Before any strenuous activity or key session you need to warm-up. Not only will this prepare the body for the efforts ahead but it will also maximise the benefit of the session because you will put quality efforts in from the start to the end. Here are 3 tips for you when it comes to running:

- Go and learn drills and form work relevant to your sport – then implement them as part of your warm-up routine

- Get a friend to video you. You'd be surprised how much you will learn from seeing how you actually move, not just how you think you move

- Ensure the range of motion (how you move your limbs through their range of motion) is greater than required in the actual activity itself! If you do this correctly you will be sweating, have an elevated heart rate and feel a slight burn in your working muscles prior to even starting your workout – now you know you're ready to train!