

GYMGAIR ZE RUN MEMBERSHIP



Thank you very much for enquiring about joining our club, ZE Run. It is great to coach athletes with such enthusiasm and desire to improve. Even on some of the grimmest nights of weather we have had numbers in the thirties, which I never thought possible 3 years ago. The group has achieved some great results of late, with many runners managing PBs in 5k, 10K and half marathons. We recently took a squad of 16 runners to the Edinburgh Marathon Festival to compete in the 10k, half and full marathon and most of the runners got personal bests and 6 runners qualified for the Boston Marathon next year. We have also had great times posted at the Inverness half marathon, Shetland Simmer Dim and various 10k's around Shetland over the summer. Training sessions will build towards these key races and be distance specific. We run a monthly series of 5K races twice a year, with age specific categories. It has been hugely successful, and in turn have helped the runners lower their 10K, half and full marathon times.

The sessions are as follows:

- Thursday evenings at the Clickimin track from 6-7pm
- On Saturday's we either run a handicap 3K, loch 5K, or technique session. These are either at the Clickimin Loch or in Scalloway and have been a lot of fun.
- The 5k series run for 6 months (winter and summer series), with prizes to the winners of the various age groups, and this can be a great indicator of your progress.
- Sunday long run, we add this in to the schedule, especially if we have any runners taking part in half or full marathons. This encourages the group to run at an easy pace for longer distances.

If a session must be cancelled, we will look to add in another date to make up for this, which I feel will be more beneficial than refunds.

We have a private Facebook group where we upload our running schedule for the month, post up race times and photos and to give advice and encouragement when required.

We advise that headphones are not worn during sessions or races, we are a sociable bunch here!

Every couple of months we have a PowerPoint talk on topics related to running. In January, the focus was following a training plan, and March saw the talk based on nutrition for sport. Educating runners is a huge part of ZE Run.

To keep track of attendances, we use the Teamer App. You will receive a notification or email with details of the next training session. It is essential that you reply to the Teamer each time. We also use this if we have to cancel a session.

Membership is set up on a loyalty scheme to make payment easier and better value. We ask that payment is made before by the 28th of the previous month, so that if someone is leaving the group, we have enough time to invite the person that is first on the waiting list. We will not be sending reminders, if your memberships lapses we will be offering the spot to the next runner on the waiting list, as we think this is the fairest way to work.

MEMBERSHIP DETAILS:

3 Months: £65.00

6 Months: £120.00

12 Months: £215.00

Standing Order: £23.00 per month *

*Please set this up to come off at the beginning of the month

The best testimonials come from the runners themselves. Feel free to get in touch with one of them and ask questions about the group, they will be delighted to share their story with you.

We hope you would like to take the opportunity to join ZE Run, we cater for a variety of runners and there is always a session for everyone.

Feel free to contact us for more details,

Linda & Russell Gair

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TESTIMONIALS

Bryan Garrick has made incredible progress with his running since joining ZE Run. We have been delighted to help him towards some impressive PBs during this time, here's what he has to say:

Back in August 2016 I decided I needed to get off the couch and start getting a bit fitter. Inspired by work colleagues I decided to take up running. At first I really struggled to run a mile but I stuck with it and was soon running 3 or 4 miles at a time. After a couple of months, I decided to get in contact with Russell to see if I could join ZE RUN. I was delighted to get a place and I started in October. I found the group very welcoming and it didn't take long to feel part of the team. After a week or two I noticed a massive improvement in my running and this gave me confidence to push on. Russell structures the session in a way that suits everyone of all abilities. The sessions are varied and most importantly enjoyable. Running within a group certainly helps you improve as a runner and the friendly and competitive nature of the group certainly helps. The monthly 5k's around the Clickimin Loch gives you a good indication of where you are at, and soon I was getting my 5k time down each month. Russell is always on hand to



help in whatever way possible and will go out his way to give you advice on how to improve. He suggested I set a goal so we both agreed that The Inverness Half Marathon would be a good race to enter. I trained through the winter which was tough going at times but I was determined to get my first half under my belt. I ran the half in 1:37:46 which was a great achievement for me having just started running.

I then entered the Manchester Half Marathon in October. Russell gave me advice on how to improve and he drew up a 16-week running plan to help me. The plan was well laid out and very manageable with plenty of variation and emphasised the importance of easy running which is essential if you want to improve as a runner. I stuck to the plan religiously and on the day, I ran the half in 1:29:45. After Manchester Russell invited me to join the Breaking 3 Project. This involved trying to get a group of runners to complete the Edinburgh Marathon in under 3 hours or achieve a Boston Marathon qualifying time. Myself and 8 others decided to go for it. Russell drew up a marathon plan for each of us and we were soon ticking off the miles. We pretty much had to run 5/6 times a week with a long run every Sunday which varied from 10 to 23 miles. This was a whole new level of training and commitment and when you throw in the Shetland weather it soon became clear how difficult the task was. But with the encouragement from Russell, Linda and the rest of the team we all pretty much got to the start line in one piece which was a massive achievement.

On the day, I ran the Edinburgh Marathon in 3:24:49. For my first marathon I was absolutely delighted to finish under 3:30. They say that the marathon is one of the hardest things you can put your body through both physically and mentally and I can completely see why! The last 8 miles were tough but with the level of training I managed to carry on and cross the finish line. I would strongly recommend Russell as a coach. His knowledge on all things fitness and nutrition is second to none and he'll go the extra mile to help you understand it in a clear and concise way. Without his help and advice, I wouldn't have got to where I am at today. He brings out the best in you and gives you confidence to believe in yourself and push yourself to achieve the impossible. Running is now a big part of my life and it has massively improved my physical and mental health.

I've made lots of new friends since I joined ZE Run and I cannot recommend the group and Russell highly enough.

Marc has been working with us for 6 months now, and has been fantastic to coach. He recently ran a personal best at the London Marathon, chopping a massive 48 minutes off his previous best, coming home in 3h:47min. The challenging conditions on the day made the time even more rewarding. Here is what Marc has to say:

Near the end of 2017, I told Russell that I was thinking of running the London Marathon in April 2018, and wondered how we might go about training for this challenge. After an initial sit down where Russell and I talked over everything from nutrition; to setting a goal time; to the type of tailored training he recommended, he provided me with a training plan. Now that I have completed the London Marathon, and having worked with Russell for over 6 months in preparation for the event, I would like to take this opportunity to highly recommend Russell, who is an exceedingly dedicated fitness + nutrition coach and personal trainer. He listens carefully to fully determine the individual abilities of his clients, so that he can tailor your training specifically to suit you and your objectives. Whilst Russell's knowledge on all things fitness is incredibly extensive, he is able to translate this information to you in a clear and concise way, so that you fully understand why you are training the way you are, and how this benefits you directly. There is no such thing as a silly question! I would not hesitate to consult Russell again for any future projects/challenges, and I am delighted to say that he would be a fantastic asset to anybody's fitness programme. His belief in your abilities increases your confidence which in turn ensures you continue to train hard. To put it simply, Russell genuinely cares. He cares about his clients and goes above and beyond to ensure you perform at your best to achieve your goals. Russell is there for you every single step of the way with a positive attitude, endless encouragement and an unwavering level of commitment. Start training with ZE Run now...you won't regret it!



