

MBRC NEWS

New year, new goals



Welcome to the first edition of MBRC in 2015 !! We have lots of events planned for the year including half marathons, marathons, 50kms and plenty of trail adventures.

January is a great month to sign up for a new challenge and lock yourself into a training schedule.

And you're in the right place to make plans !!!

We have everything you need to get you fit in January and throughout the new year. All you need to be successful is two words ... SHOW UP !

It's going to be a great year.

Go MBRC !!

In this edition ...

Charlie's kitchen

NO RUNNER OF THE MONTH DUE TO HOLS

"You're never too old and it's never too late ..."
by Charlie Sedanayasa

Coaches Corner -
December in pictures

Announcements &
Upcoming Events

What's on and weekly
timetable

WHEN DO WE TRAIN ??

Manly Beach Running Club train Mon to Fri @5.30am and Sun @5.30am. We always meet at the same spot outside Manly Surf Club, at the south end of Manly Beach.

We also have Beach Body training every Monday night and Wed night at 6.30pm so there are plenty of options every week.



MBRC provide a friendly environment every day to help you towards your weight loss, fitness and running goals.

We cater to all fitness levels and abilities and can train you for your first 5km, 10km, half marathon, marathon, triathlon, trail run or your first 100 mile ultra marathon !

Charlie's Kitchen

Bounty Bar



Ingredients:

Coconut Filling

3/4 cup organic coconut milk
3-4 tblsp honey or maple syrup (i used honey)
3 tblsp coconut oil
2 cups organic shredded coconut

Raw Chocolate Coating

1 1/4 cup coconut oil
1/2 cup raw cacao powder
3 - 4 tblsp maple syrup
Pinch of himalayan salt

Process:

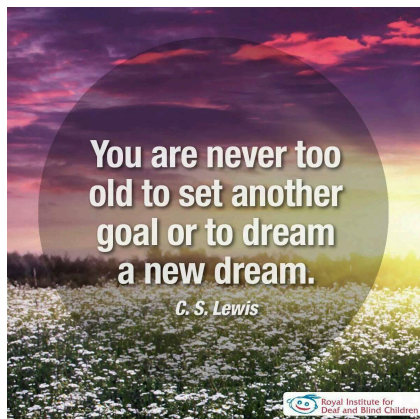
Place the shredded coconut into your food processor and pulse until you reach the desired consistency. Then add the rest of the ingredients and blend on low until combined and creamy. You can taste test to see if you need more sweetener or not. Then spread into a container lined with baking paper and spread evenly with a spatula about 2cm thick. Try and get them as smooth and neat as possible. Refrigerate until coconut filling is set, then carefully cut with a serrated knife into bars. Place in the freezer until very cold (this will help the chocolate coating set quicker).

To make the chocolate coating place everything in your food processor and blend on medium for about 10 seconds then pour into a small deep bowl (to get the most height for the chocolate). Dip your bars into the chocolate and then place back onto baking paper. By the time you have dipped all the bars the first ones will be dry and ready for a second dip. The second dip is very important for thick enough chocolate coating. Store in the fridge. Enjoy!

CHARLIE



by Charlie Sedanayasa



For such a long time I thought I had left my stint on trying to get fit too late, and that I'd never get to a place where I enjoyed exercising and craved it ...

I was always too old, too fat, too tired, too busy, too full of excuses, but especially too old.

I've been just over a year at this running malarkey, and exactly a year since I found my swim mojo again. I live for the sea. There is something about the ocean that draws me in, every single time. I can't walk past the ocean without a desperate urge to jump right in ...

So a year ago, Joey took me on my maiden Shelley swim with the Bold and The Beautiful. It was amazing and I was so utterly pumped to get back into ocean swimming!! Joey, Paige and I did a lot of swims last summer and every single one of them was awesome, and

oh my gosh did we giggle!!

They learnt early on never to let me lead or we'd end up at New Zealand.

This year I did A LOT of swimming. I swam just under 200km for the year. I swam 5 days a week all through winter without a wetsuit. I swam with friends, I swam by myself, I had bad swims, I had amazing swims.

I've seen some amazing sea life!! Swimming kept me fit when I was injured from running, and I'm sure I came back to running stronger than before I got injured.

I regularly swam the 3km from Manly to Queenscliff and back by myself. It was my ultimate meditation and time to zone out from the world. There is nothing on the bottom but sand, no fish, no weed, nothing but sand. I would find my rhythm and switch off from the outside world. Getting to Queenscliff headland was the turn around point for the swim, I'd always heard of others doing the 6km swim past the headland to Freshwater, but getting past that headland was a stumbling block for me. I just couldn't do it. I was too old. I was too full of excuses.

So January 1st, I picked a Saturday, and committed myself to doing the 6km swim.

EEEEEEK!!!!!!

And I bloody did it!!! The whole way to the headland I was questioning my sanity, what on earth was I thinking, what if? what if? what if? The next thing I knew we were past the headland and at the first checkpoint!! OMFG I had done it. I had gone past the headland. I was perfectly fine, I was feeling fit, had a bundle of energy left, and there was nothing on the bottom but sand!! i'd been worried about nothing!

For the rest of the swim I just kept laughing and I couldn't stop! I was actually doing this swim that for a whole year I had dreamt of doing, that in my head I had imagined doing a million times but had always had a reason for not doing! It was such an amazing feeling.

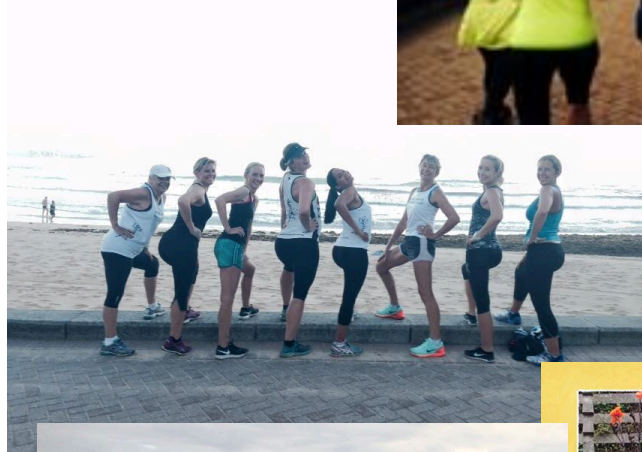
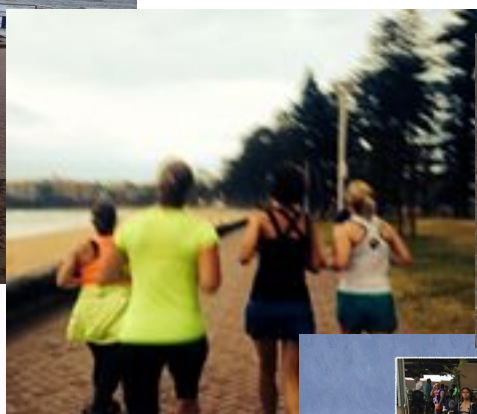
You're never too old to do anything!! (or to learn how to swim straight ;)

CHARLIE



Coaches Corner
by Coach Joe

A picture speaks
a thousand
words ...



Calendar

Every Sunday at 5.30am

Half Marathon/
Marathon training

Every Mon and Wed night
at 6.30pm and Fri at 12pm

BEACH BODY
TRAINING

Every Sunday at 9am

Swimming coaching
with Coach Judy

Every Monday at 12pm
Lunch Time Run :-)

Tues Nights at 6.45pm
Boxing and Fitness
training

Every Saturday at 6am
Trail Run

Personal Training
available on request
- call Joe
0433819514

Contributors

CHARLIE



COACH JOE



Manly Beach Running Club

Swimming at Shelly Sundays



- Perfect your swimming technique
- One of the nicest beaches in Aus
- Qualified Swim Coach
- Every Sunday @ 9am
- meet @ Shelly Beach
- \$25 per session casual
- OR 10 week pass for only \$150 !!
- No contract or joining fees
- Fun session
- Aqua Video to help correct technique
- Awesome Swimming Coach (mermaid !!)



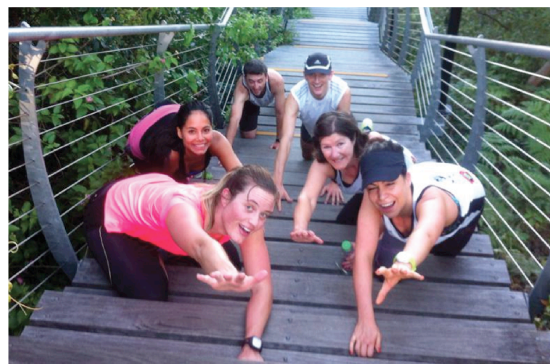
Join us for a run at 5:30 each morning
at Manly Surf Club

Find out more:
www.manlybeachrunningclub.com

Welcome to Manly Beach Running Club!

Manly Beach Running Club

Wednesday Night Circuit Training



- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



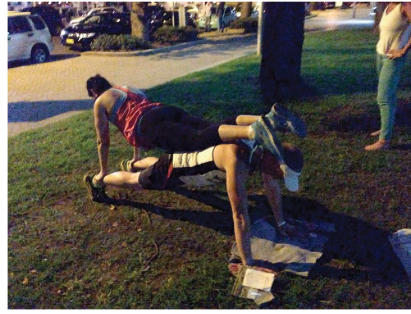
Join us for a run at 5:30 each morning
at Manly Surf Club

Find out more:
www.manlybeachrunningclub.com

Welcome to Manly Beach Running Club!

Manly Beach Running Club

Monday Night Core Fitness



- Core and strength training
- Squats, leg raises, lunges
- Acro yoga and more
- Qualified Coach
- Every Monday night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



Join us for a run at 5:30 each morning at Manly Surf Club

Find out more:
www.manlybeachrunningclub.com

Welcome to Manly Beach Running Club!

FIGHT CLUB - MANLY

TUESDAY NIGHTS AT 645PM



- LEARN HOW TO BOX / BOXING TECHNIQUE
- CORE AND STRENGTH TRAINING
- QUALIFIED COACH WITH FIGHTING EXPERIENCE
- TUESDAY NIGHTS @ 645PM
- MEET @ MANLY FIGHT CLUB
- \$25 PER SESSION
- NO CONTRACT OR FEES
- ADVANCED TECHNIQUES AND COMBINATIONS
- GET IN THE BEST SHAPE OF YOUR LIFE!



CONTACT COACH JOE FOR MORE INFO ON 0433 819 514

Manly Beach Running Club Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am	Monday Funday (easy + gait analysis)	Tempo Run Tuesday (tempo run)	Wicked Wednesday (run + core work)	Flexible Thursday (run + yoga)	Fast Friday (hill repeats)	Trail run - contact for details	Half Marathon/ Marathon training
9am	Mums Group Fitness						Swimming Technique Class
12pm	Lunchtime run					Lunchtime Circuit training	
4.15pm		Little Dragons Kids Kickboxing					
6.30pm	Beach Body training		Beach Body training				

Contact Coach Joe for more info - 0433 819 514 - www.manlybeachrunningclub.com.au

Find us on facebook here - www.facebook.com/groups/manlybeachrunningclub Personal Training available on request