

MBRC NEWS

2015 is ONSKI !



We are one month into 2015 and all systems are GO !

Marathon, Ultra and North Face training is well under way with the long distance runners already hitting 30kms !!

We have some awesome success stories since the start of the year with many runners

completing their first ever 10kms and first ever 28kms !

With lots of events ahead this year, now's the time to start training and setting goals for 2015.

Go MBRC !!

In this edition ...

Runner of the Month for January is ...

Coaches Corner - RFP !

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 !

Runner of the month for January is ...

Lainey Loo !!



swim but also doing some of their longer swims and even swimming with Silky the dolphin !



Lainey Loo is a local celebrity and a very popular athlete and for good reason !

She is super positive, focussed, determined and a wonderful person to run and/or swim with.

As the runner of the month Lainey receives a free 60 minute massage from massage specialist Nicki Coates as well as the much coveted MBRC runner of the month certificate.

Well done Lainey !!! :-)

What can we say about Lainey Loo ??

Lainey is already a very experienced athlete. She has lots of ocean swimming experience with the Bold and the Beautiful squad. Regularly completing their 1.5km morning

Cancer.



Coaches Corner
by Coach Joe

RFP !!

We've reached that stage in the marathon and ultra training. Yes THAT stage !

It's the stage where the long runs are really starting to take their toll physically, mentally and emotionally.

For all the first time marathon runners, don't worry, it's completely normal to feel a bit fed up and a bit "emo" at this point in the program.

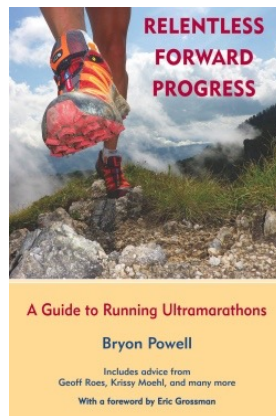


Training for a marathon is hard work and this point in the program is the toughest part !

The good news is ...

WE ARE ALMOST
THERE !!!

We're already in the 30km plus runs with only a few more long runs to go. So stay positive, look after yourself (and your running buddy) and keep going. YOU CAN DO THIS !!



Whenever the going gets tough I always think back to a phrase one of my running buddies (KD) taught me.

When he was running a 240km race called C2K, he had already been running for over 24 hours non stop and he kept saying to me, RFP ! RFP !

When I asked him what it meant he said it was the title of a book he had read recently.

I was so impressed by the mental toughness of my friend. He was falling apart, leaning to one side and conversation had become "interesting" :-)



His only focus was to keep moving forward.

So whenever the going gets tough I think back to that moment and the amazing stubborn determination of my friend Kieron.

RFP !!!

Relentless

Forward

Progress



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

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 \$180 !!
- No contract or joining fees
- Fun session
- Aqua Video to help correct technique
- Awesome Swimming Coach (mermaid !!)



Manly Beach Running Club

Wednesday Night Circuit Training

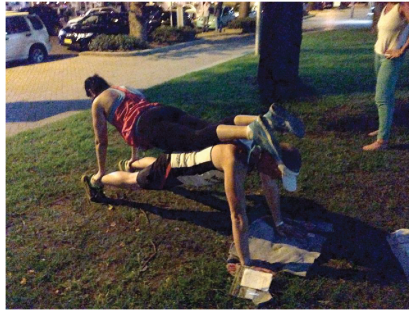


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



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