

MBRC NEWS

Only 4 weeks till Canberra
Running Festival !!



Hi runners ! With Canberra Running Festival only a few weeks away and lots of training behind us over the last 5 months, we are almost in taper phase.

The 50km Ultra runners still have two more long runs but the marathon runners are already tapering. Can you believe it ??

How fast has this program gone ??

SMH Half Marathon runners take note ! The training program goes so fast and before you know it you'll be on the start line !!

Go MBRC !!

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for February is ...

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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 February is ...

Racer Raelene !!



What can we say about Raelene ??

When Raelene joined MBRC she was training for her first marathon at the Gold Coast. She had suffered an injury during her training and was having a pretty tough time.

We had a brief chat and it didn't take much to persuade Raelene she could still run the marathon despite the injury.

She knew it was going to be a tough day, the training had not gone according to plan but she turned up and transformed into a marathon runner !



Gold Coast Marathon TICK !

She was stoked !!! And so were we !!! :-D

The special thing about Raelene is that I have NEVER seen her frown or get fed up.

I don't know how she does it but Raelene is always smiley, happy, friendly and pleasant to be around. I wish I could say that about everyone in the club !! (just kidding)

Maybe it's her positive attitude or maybe she just loves to run ! :-)

I'm so stoked to see Raelene win the ROM award. It is well deserved and perfect timing. I can't wait to see how Raelene performs at the Canberra Marathon in 4 weeks time. I predict a great time :-)

As the runner of the month Raelene 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 Racer !!! :-)

CHARLIE'S KITCHEN

My current fave!!

Spinach and garlic pasta



- 1 package gluten free brown rice pasta (or whatever pasta you want)
- 8 oz fresh baby spinach
- 8 leaves of fresh basil
- 1/2 bulb of garlic, minced finely
- 1 tsp dried oregano
- 3 tbsp olive oil
- salt and pepper to taste

To start, cook the pasta according to package instructions. While it cooks, place the oil in a pan and fry the garlic until it is wonderfully fragrant. Rip up the basil and the spinach and wilt in the pan just until they are dark green, but be careful not to overcook. Add the pinch of oregano, and salt and pepper. Stir it all together with your freshly cooked pasta.

You can add sauteed mushrooms, zucchini, eggplant, the possibilities are endless!

Coaches Corner
by Coach Joe

Two words for success ...

I know, you've heard this one before right ??

Well if you haven't been for a run with us before then you probably haven't heard my favourite two words for success ...



I've said it 1000 times to 1000 people. **The first step is the hardest.**

The first session, first run, first 10kms, first day at work ... once you get through that first hurdle everything else is MUCH easier !!

I've been thinking about this a lot recently in my own training. I've been asking myself the question,

"What aspects of my training am I skipping that I should be showing up for ??"

Hills ? Speed work ? Cross training ? Stretching ? Nutrition ? Hydration ?

We all need to step up our game in one area or another and sometimes it can feel like a never ending battle. There's no such thing as a perfect athlete and you will never get it 100% right ... but don't let that put you off !!

I've just started cycling again and it was really hard at first. I am definitely a better runner than cyclist but I know all I have to do is SHOW UP ! I'm really starting to enjoy cycling again :-)

Check out this video remix I did from one of my bike rides this week ...

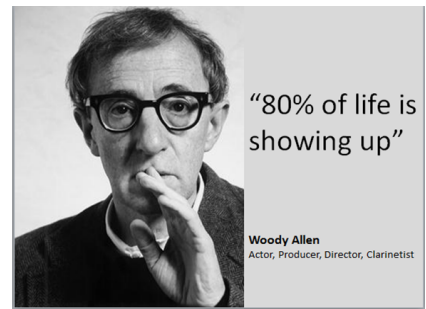
90s dance track + cycling = magic !

<https://www.youtube.com/watch?v=RkitSi6P2aw&list=UUUYQw3SApbG-SBTXimBKuKEQ>

Once my helmet is on, the music is pumping through my earphones and I'm out the door with my bike the battle is won. It's the first step of committing that's the hard bit.

One thing I've rediscovered this week is that everything is easy when you put some music on. Find some tracks that motivate you, put them on your iPod and get out there ! You won't regret it.

For me it's 90s dance music but for you it might be the Carpenters, Abba or Lady Gaga. It doesn't matter what music you listen to, there's no rules, just use whatever works !!



So have a think about your training, find the bit your missing, put on some music, show up and get it DONESKI !

Go MBRC !!

Joe ;-)

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

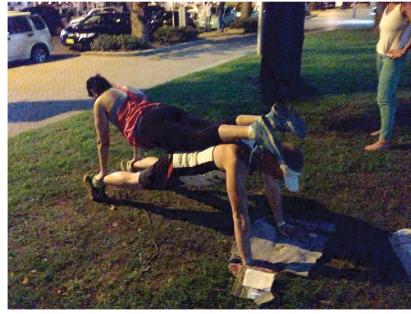


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



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