

MBRC NEWS

Mission Accomplished !!



Hi runners !

Wow what a month !! Well done to all the Canberra runners. So many great results and too many names to mention but a fantastic weekend with 17 finishers out of 17 runners. STOKED !!

SMH Half Marathon runners and North Face 50 runners, I

can't wait to see how you all go in a few weeks time. Based on your training so far I think you are all going to SMASH IT !!

Only a few more weeks left till a HUGE weekend of racing so keep going and lets see what May brings :-)

Go MBRC !!

In this edition ...

Runner of the Month for March is ...

Charlie's Kitchen -
Quinoa Fritters

Coaches Corner -
PACING PACING
PACING

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 March is ...

Triple AAA
Amazing Amy
Ash!!

What can we say about our Amazing Amy ??



Well here's a few words from the team ...

Amy gets my vote this month. Always positive and so dedicated.

Amy gets mine too. She never grumbles or moans about runs, just pushes on with great enthusiasm and dedication!

It's very difficult to choose this month as everybody has done so well! I think all the Canberra runners deserve it! But, if I have to pick it would also go to Amy as she constantly amazes me with her determination and enthusiasm!

I also heard it's been a long hard road for Amy to get to where she is today, an Ultra Marathoner! She had a stroke when little and had to learn to walk and talk again. She has also lost a whopping amount of weight and is constantly tempted by working amongst yummy food at a Deli!

Amy! Back into it last week after doing the Ultra marathon!!

As the runner of the month Amy receives a free MBRC running top as well as the much coveted MBRC runner of the month certificate.



Well done Amazing Amy !!! :-)

CHARLIE'S KITCHEN

Quinoa Fritters

Serves 2 – 3

Ingredients for quinoa fritters

- 2-4 Tbsp. coconut oil
- 1 cup of cooked quinoa
- 3 medium eggs (replace with mashed potato for vegan)
- 1 medium carrot, grated
- 1 small onion, finely chopped
- 1 Tbsp. chives, chopped
- 1 Tbsp. coriander, chopped
- 1/4 cup of almond meal
- Salt and pepper, to taste



Directions

Mix all the fritter ingredients in a bowl.

Add 2 Tbsp of coconut oil to a medium fry pan on moderate heat.

Using a soup spoon, scoop out the fritter mixture and place in the fry pan and flatten a little. Place as many as you want in the fry pan, making sure the edges don't touch.

Cook for a few minutes on each side, until lightly golden and drain on paper towels.

Then repeat until you use up all the fritter mixture. You may need to add more coconut oil in between batches.

Coaches Corner

by Coach Joe

PACING PACING PACING !

As we get closer to the North Face 50 and SMH Half Marathon and most of the hard long runs are behind us, our attention turns to race day.

What's THE most important thing to remember as a long distance runner ?? Well you've probably guessed what it is from the title ... PACING.

But what is pacing and what does that mean ? Everyone knows that the tortoise wins over the hare but how does it work ? Why do people that pace themselves better finish stronger than runners that start out too fast ?



Well the simple reason is PACING YOURSELF WORKS !!



This may seem controversial to some of you but going slower in the first half than the second half really works. When you run this way it's called a "negative split" and all the fastest runners use this method to get their best times ... but how do you apply it ?

Well you could use your Garmin watch to measure pace or run with an official pacer that's running at your race pace but there's another less technical way.

All you need to do is listen to your body. If you are out of breath, breathing loudly and sweating profusely in the first half of the race, chances are you're running too fast and you'd be wise to go a bit

slower.

If in doubt, run with someone else i.e. a running buddy or a coach. They will let you know if it sounds like you are tired or you look like you're about to pass out on the side of the road.

Saving your energy this way will help you run faster as you get closer to the finish but don't sprint for the finish line too soon !

Ideally you need to be only 3kms or less from the finish before you go for it. Any more than this and you could be going too fast too early. With practice and listening to your body on your training runs, you should be able to gauge how much fuel you have left in your tank and when to put the pedal to the metal.

Remember ... in the first half don't be an idiot and in the second half don't be a wimp !

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



CHARLIE
FARLIE



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 @ 10am
- meet @ Shelly Beach
- \$18 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 !!)



Join us for a run at 8:00 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
- \$18 per session or
- 10 week course for \$180
- No contract or fees
- Contact Coach Joe for more info on 0438 819 814



Join us for a run at 8:00 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 6.30 each morning at Manly Surf Club

Find out more:
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Welcome to Manly Beach Running Club!

FIGHT CLUB - MANLY

TUESDAY NIGHTS AT 6.45PM



- LEARN HOW TO BOX / BOXING TECHNIQUE
- CORE AND STRENGTH TRAINING
- QUALIFY / BACK INTO FIGHTING COMPETENCY
- TUESDAY NIGHTS AT 6.45PM
- MEET @ MANLY FIGHT CLUB
- \$15 PER SESSION
- NO CONTRACT OR FEES
- ATTENDANCE TECHNIQUE AND PERFORMANCE
- 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
8.30am	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 919 514 - www.manlybeachrunningclub.com.au

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