

MBRC NEWS

Winter in Manly, PERFECT
weather for runners !



Hi runners !

This Sunday 21st June is the shortest day of the year, which means we are right in the middle of Winter.

It's a bit chilly but we're through the worst of it and as the days get longer and the sunrises get brighter it really is

the perfect time to get out and run.

We have some great events coming up with the City 2 Smurf, Sydney Running Festival and Melbourne Running Festival so set yourself a goal and lets do this ! :-)

Go MBRC !!

In this edition ...

Runner of the Month
for May is ...

Coaches Corner -
The secret hack to
reaching your goals

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 May is ...

Superquick Nick !!

What can we say about Superquick Nick ??



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

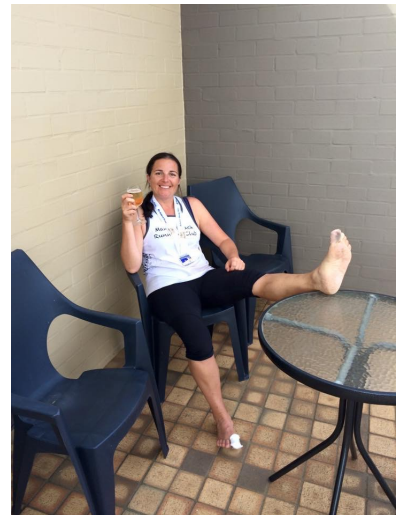
Nicola has shown determination, strength and courage the last few months. She smashed the Marathon and puts 100 % effort in to training encouraging others and being funny and cheerful along the way. She juggles full time work and is a great mum to 3 lovely kids. Her condition means she can't drive at present. She is a true inspiration.

Cant go past(literally) my running buddy Super Quick Nick this month. She lives up to her name every session. Pushing me all the way. Gooo Nick !

I am voting for Nicola for still smashing the marathon with her feet in shreds and for being super quick in the time trial. Nick is always cheerful & is an inspiration.

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

Well done Superquick Nick !!!



:-)

Coaches Corner by Coach Joe

The secret hack to reaching your goals



The only difference between an experienced athlete and a beginner is the number of mistakes they've made. Becoming a better athlete is a journey of self discovery. You have to make lots of mistakes and keep making mistakes until you learn what works for you.

So what is a coach ? You could say a coach is simply someone that has made almost every mistake in the book !

Here's a brief list of schoolboy/beginner mistakes I've made (and learned from!)

- Wearing brand new shoes for a long run
- Not drinking enough water
- Running too fast in the first half of a run
- Overtraining
- Undertraining
- Bad nutrition
- Not having a rest day
- Eating new food on race day or really doing anything new on race day
- Avoiding hills

Suffice to say, it's a very long list of mistakes and this is only a snapshot ! Some painful and some very frustrating but I've tried to learn from every bad run and every painful mistake.

Along the way I've learnt a couple of very useful things that I now use in my everyday training.

The most important thing I've learnt and what I consider the most valuable is also a secret way to achieve **ANYTHING** in life and I've used this principle

in relationships, business and lots of other areas.

So what's the secret hack to reaching any goals in life ?

Patience and gratitude

I know, that's boringly simple isn't it but it's true ! If you consistently work hard pursuing your goals and you are patient and grateful for where you are now, then before you know it you will have achieved your goals.

But what does patience really mean ??

Patience means allowing yourself the time and space to learn and grow without getting frustrated or losing faith.

Time goes so fast so make sure you set some goals, work hard, accept that there will be hard times and practice being grateful for where you are now.

Add a bit of patience and gratitude to your training and you'll be surprised where you end up. GO MBRC !! :-)

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

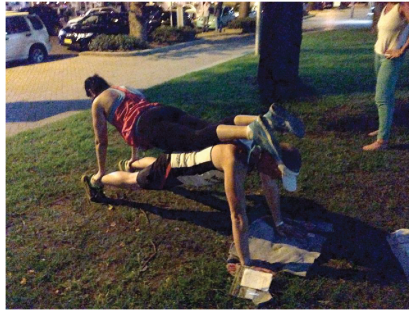


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



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