

MBRC NEWS

The Spring race season is almost here !



Hi runners !

City 2 Surf is only a few weeks ago quickly followed by GNW100s and then Sydney Marathon.

Lots of races to look forward to and lots of training to do before we get there.

Don't forget we do our long runs every Sunday morning to

help you prepare for your next big event.

We have groups for every local event and even groups of runners training for the Melbourne Marathon and NYC Marathon.

Contact Coach Joe for more details (0433819514)

Go MBRC !!

In this edition ...

Runner of the Month for June is ...

Coaches Corner - Free running tips videos for all MBRC members

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 June is ...

Run Right Henke !!

What can we say about Run Right Henke ??



Henke aka "Run Right" joined Manly Beach Running Club at the end of April and has made great progress since she started.

She has improved her running form and has completed her first ever 16km run. Things really seem to be falling into place for Henke and we're very excited to see her complete her first ever half marathon in September.

Henke is a great example of what you can achieve with a bit of consistency and a great attitude too !

What's the key to her success ?? Well Henke is full of energy, super positive and works for St Matths. So maybe it's a higher power propelling her forward or maybe her awesome personality but whatever her secret is she is a great person to run with

and we are very proud to have her as part of our club.

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



Well done Run Right Henke !!!

:-)

Coaches Corner
by Coach Joe

Free running tips videos for all MBRC members

We have lots of resources at Manly Beach Running Club to help keep you on track and motivated.

We have an online community of runners, monthly newsletters and four coaches on hand to answer your training questions.

We also have one other resource you can access - the Manly Beach Running Club YouTube Channel !

When you access our YouTube Channel you will see a list of nutrition videos, running tips, boxing and cross training videos, swimming videos and some running inspiration.

Firstly here's the link to our YouTube Channel. If you haven't subscribed please subscribe to get all the latest updates ...

[https://
www.youtube.com/
channel/
UCUYQw3SApbG5BTXimB
KuKEQ](https://www.youtube.com/channel/UCUYQw3SApbG5BTXimBKuKEQ)

Here's a few samples of the sort of videos we offer on our channel ...

Lainey Loo and Charlie providing some hill running tips

[https://
www.youtube.com/watch?
v=dtvJzrs1FKM&list=PLH
pkMsf4E9Wr67auwNaZb5
sXiIu-QvBhI&index=40](https://www.youtube.com/watch?v=dtvJzrs1FKM&list=PLHpkMsf4E9Wr67auwNaZb5sXiIu-QvBhI&index=40)

Coogee to Coffee 90km
- 18th July 2015

[https://
www.youtube.com/watch?
v=59U0u_gZ_Mk](https://www.youtube.com/watch?v=59U0u_gZ_Mk)

Henke discussing
correct running form

[https://
www.youtube.com/watch?
v=htTSFLEobw8](https://www.youtube.com/watch?v=htTSFLEobw8)

Running at Mount Solitary with Robin and Charlie. Check out Charlie falling off that log :-)

[https://
www.youtube.com/watch?
v=fWytNEFKFWA](https://www.youtube.com/watch?v=fWytNEFKFWA)

Here's a very popular video of SMH Champ Katie completing her first half marathon. This video is now being used as advertising by her charity. What an inspiration. Well done Katie !!

[https://
www.youtube.com/watch?
v=_cGeVETwYA4](https://www.youtube.com/watch?v=_cGeVETwYA4)

If you have any requests for videos or there's any subjects you would like us to discuss please let me know.

Keep up the good work everyone !
Looking forward to lots more adventures and lots more awesome videos documenting our success :-)

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

Every Thursday morning at
5.30am

**YOGA aka Flexible
Thursday**

Personal Training
available on request
- call Joe
0433819514

Contributors



COACH JOE

Manly Beach Running Club

Swimming at Shelly Sundays

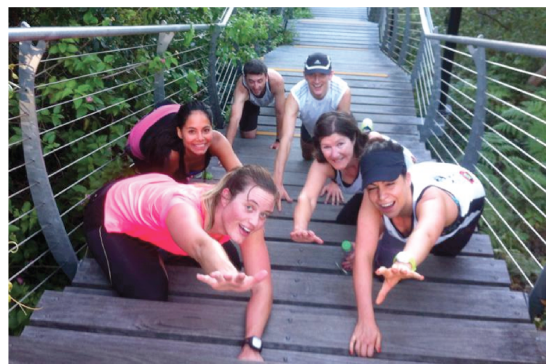


- Perfect your swimming technique
- One of the nicest beaches in Aus
- Qualified Swim Coach
- Every Sunday @ 9am
- meet @ Shelly Beach
- \$25 per session casual
- OR 10 week pass for only \$180 !!
- No contract or joining fees
- Fun session
- Aqua Video to help correct technique
- Awesome Swimming Coach (mermaid !!)



Manly Beach Running Club

Wednesday Night Circuit Training

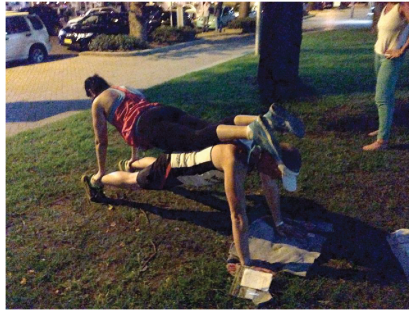


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



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

Flexible Thursdays



- Short run
- Yin yoga
- Beach sunrise
- Qualified Yoga Instructor
- Every Thursday @ 5.30am
- meet @ Manly Surf Club
- \$10 per session
- No contract or fees
- First session is FREE !!



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 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	 Manly Beach Running Club					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