

# MBRC NEWS

Spring has Sprung !



Hi runners !

Well done to all our Sydney Running Festival runners, what an awesome weekend !!

So many success stories and some fantastic times too.

Massive pat on the back to everyone that completed their first half marathon and first marathon.

If you're looking to train for your next event please contact Coach Joe on 0433819514.

Best of luck to all the Hounslow Classic and NYC Marathon runners completing your last few weeks of training.

Go MBRC !!

In this edition ...

Runner of the Month for August is ...

Coaches Corner -  
Less = More

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  
August is ...

PB Nicole !!



What can we say about  
our PB chaser  
Nicole ??

Lets get a few words  
from her fellow club  
runners ...

Tough call but I am  
voting for Nicole, for  
not only running  
another PB, running  
back out to bring her  
sister in and then  
straight back to  
running and circuits  
the next day -  
amazing effort. Really  
appreciated your  
support over the  
weekend too !

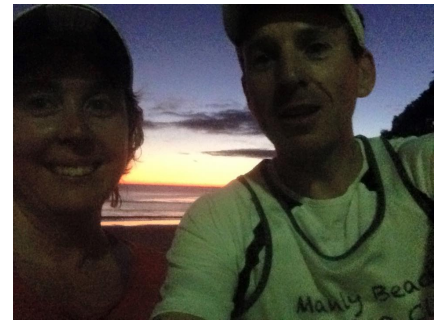
I vote PB Nicole too  
for all of the above  
and for being such a  
super nice person.  
Love running with  
you Nicole.

Nicole! Can't believe  
she did the Half then  
ran another 12k with  
her sister! Just Awe-  
some!!

I vote for Nicole and  
when Joe organises  
the Three Sisters' run,  
I'll be in!!  
:-)

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

Well done PB  
Nicole !!!  
:-)



Coaches Corner  
by Coach Joe

## Less = More

I've spoken to a lot of runners recently about getting their training levels right and managing their weekly routines more effectively.

The main problem that comes up time and time again is **OVERTRAINING** !

We've all heard this word 100 times before and if you haven't then it's still worth spelling out what this means or how importantly how this feels.

Overtraining is very common. It's basically when you feel tired, ratty and generally drained and your performance is in a downward trend.

This often happens after prolonged periods of training or after several big events in a row and can be extremely frustrating.

It is also often associated with weight gain and/or prolonged illness.

It's common in long distance runners, new runners and athletes with bad nutrition habits.

So how do we overcome this problem ?

What's the best way to combat overtraining or avoid it all together ?

There are several ways to avoid overtraining :-

1) Listen to your coach ! - We know what we're talking about and we've all experienced overtraining before. Overtraining is super common so we know what we're talking about and we can help you overcome this horrible trap.

2) Improve your nutrition and sleeping patterns and train a little bit less for at least 3 to 4 weeks. This will help reset your

energy levels and get back to normal.

3) Go for a fun run - Running doesn't have to be serious all the time. Why not run dressed as a smurf or even better hook up with a colleague for an easy lunchtime run. They'll appreciate your company and you get to run at a slower pace than normal.

4) Don't run at 110% in every session. You should only be running in two fast sessions a week. Any more than this is too much.

5) Take down the distances. Why not stick to less than 10kms for a few weeks just to find your love of running again ? This will help get you back in the swing of things.

6) Eat clean. Your body needs clean food. Feed it some fruit and veggies and it will work wonders !

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

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

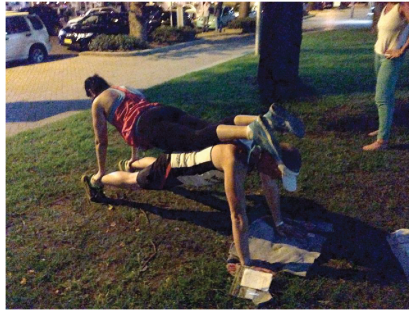


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



# 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](http://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 5.30am each morning at Manly Surf Club

Find out more:  
[www.manlybeachrunningclub.com](http://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](http://www.manlybeachrunningclub.com.au)

Find us on facebook here - [www.facebook.com/groups/manlybeachrunningclub](https://www.facebook.com/groups/manlybeachrunningclub)

Personal Training available on request