

MBRC NEWS

Summer is on it's way ...
Lets do this !



Hi runners !

It's that time of year again, Summer is just around the corner so the beach is getting busier and focus turns to getting in shape for the Summer months.

We have some great ways for you to get fit this year with circuit training, boxing, tempo training and hill training all

coached sessions to help you meet your goals.

If you need inspiration and guidance Manly Beach Running Club has your back. Contact Coach Joe for more info on how you can get in great shape this year. MBRC Members have access to everything they need.

Go MBRC !!

In this edition ...

Runner of the Month
for September is ...

"All I need to do is
turn up" - Raelene Howse

Coaches Corner -
How to have the best
Summer EVER !

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 September is ...

NYC Marathoner Kirsten !!



What can we say about our NYC Marathoner Kirsten ??

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

My vote goes to NYC Marathoner Kirsten for her amazingness in training virtually alone for the big event. She is gonna smash that run to bits.

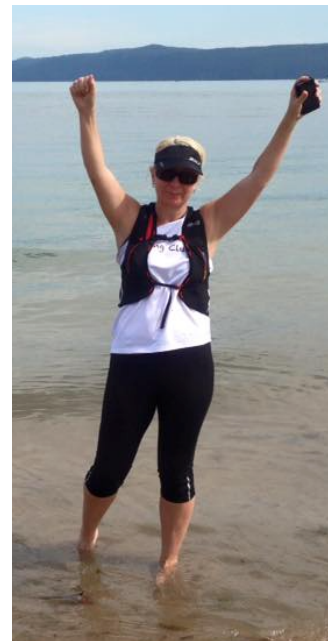
NYC Marathoner Kirsten is much stronger than she realised and I am so excited to see her finish her first marathon at NYC. GO KIRSTEN !!



Mine also goes to Kirsten she just keeps going with those long distances you will smash it.

Woooooooohooooo! Big Apple here she comes.

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



Well done NYC Marathoner and very best of Luck for your first marathon in NYC woo !! :-)

"All I need to do is turn up" - Raelene Howse

Eighteen months ago I joined MBRC - I was a novice runner, injured and 2 weeks off running my first marathon! I'd been training on my own for just over a year and had passed the MBRC runners often, but always thought I was too slow to run with a club. In that first week with MBRC, Joe inspired me to give the marathon a go and use it as experience for a future run. I did

exactly that, said "never again!" and then immediately began training with the club for my next marathon in Canberra. I was hooked and it's been one of the best personal decisions I've made. There really is nothing better than running with friends early in the morning and watching the sunrise over the ocean. Not to mention feeling awesome all day.

Over the past eighteen months I've dealt with a few common running injuries - knees, achilles and hip. What I've learned (finally) is to listen to my

body and act immediately when these occur. By stretching every day, including some strength exercises and resting when I need to, I've overcome the injuries and hopefully stopped them from recurring.

Thanks to Joe and everyone who runs with the club. I felt welcome from day one and being a bit slower than most has never been a problem. Joe has helped me set some goals and all I need to do is turn up, it's that easy and it will work wonders !

Coaches Corner
by Coach Joe

How to have the best Summer EVER !

We all want to have an amazing Summer don't we. We want to feel fit and healthy and able to enjoy the great weather.

For some it's about the beach body, for others it's simply being able to be more active and enjoy the sun.

Whatever your goal this Summer, here's a few ways to achieve your goals this Summer.

1) Hill training - hills aren't just good for building mental toughness, they will also improve your cardio efficiency and get you in great shape. If you love being lean and strong then you must learn to love

hills. This may seem a little unrealistic but hills present a great challenge that can really set you up for your day. I like to think of hills as "Type 2" fun. They aren't always much fun when you're running them but you feel AMAZING when you're done. MBRC do a hill training session every Friday morning at 6.30am. Get it done ! :-)

2) Circuit Training - circuit training is fantastic for helping to build a strong core. Always challenging and often a little intimidating, circuit training should be part of every athletes weekly routine. Test yourself every time you do a session by increasing the number of reps, intensity or by improving your technique. Squats and burpees are your friends ! MBRC do Circuits Mon and Wed @ 6.30pm.

3) Run fast ! - once or twice a week do some tempo runs or sprinting on the sand. We have two groups of muscles, slow twitch muscles and fast twitch muscles. If you can train your fast twitch muscles with some tempo runs or interval training you will be able to train harder for longer. Tempo training works and will make your running more efficient and more productive.

4) Fruits and Veggies for the win ! - 3-a-day or 5-a-day just simply won't cut it if you want to be fit long term. Get some lean protein in your diet from green vegetables like broccoli, asparagus, kale, peas, green capsicum or from mushrooms and other high protein veggies. Eat green, train mean !

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 and Friday
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



RAELENE
HOWSE

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

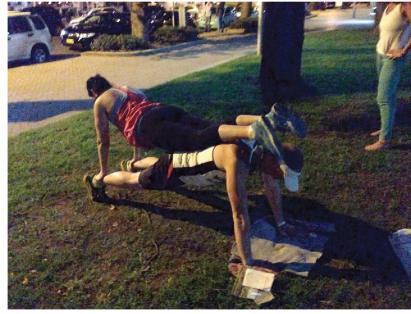


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



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 5.30am 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