

MBRC NEWS

New year, new goals



Welcome to the first edition of MBRC in 2016 !! We have lots of events planned for the year including half marathons, marathons, 50kms and plenty of trail adventures.

January is a great month to sign up for a new challenge and lock yourself into a training schedule.

And you're in the right place to make plans !!!

We have everything you need to get you fit in January and throughout the new year. All you need to be successful is two words ... SHOW UP !

It's going to be a great year.

Go MBRC !!

In this edition ...

NO RUNNER OF THE MONTH DUE TO HOLS

Coaches Corner -
December in pictures

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.

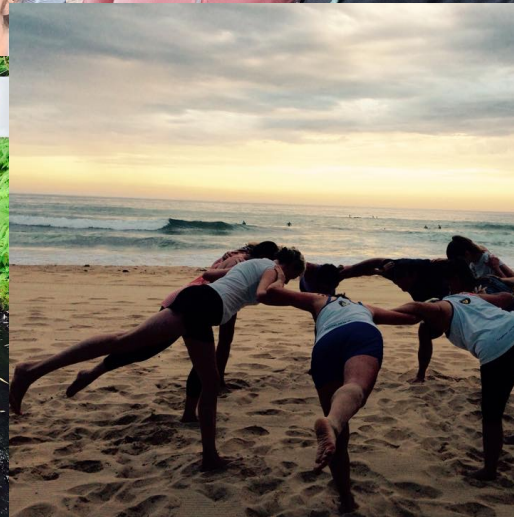
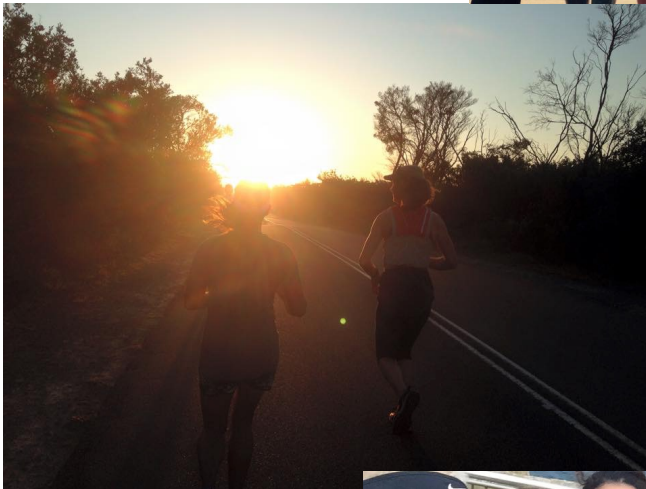


MBRC provide a friendly environment every day to help you towards your weight loss, fitness and running goals.

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 !

Coaches Corner by Coach Joe

A picture speaks a thousand words. Here's a few of my favourite photos from the last few weeks ...



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

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

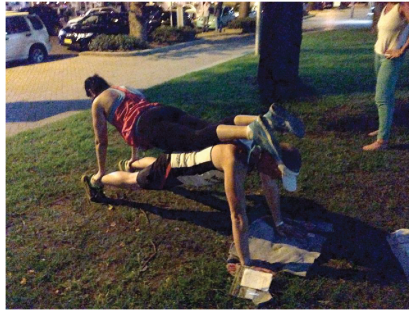


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



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

	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)	6am Trail run - contact for details	Half Marathon/ Marathon training
9am							Swimming Technique Class
6.30pm	Beach Body training		Beach Body training		 Manly Beach Running Club		
6.45pm		Boxing at Fight Gym, Manly Corso					