

MBRC NEWS

Feb-brewery !



In this edition ...

Runner of the Month for January is ...

Coaches Corner - Hydration hydration hydration

Announcements & Upcoming Events

What's on and weekly timetable

2016 is well under way. Can you believe its February already ?!!

February is a great time to refocus and find your consistency and get stuck into some of those long training runs for the busy race calendar in May.

We have everything you need to get you fit and in great shape for your next big event this year. All you need to be successful is two words ... SHOW UP !

Go MBRC !!

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 January is ...
Legs Lyanne !!

Here's a few words from Lyanne's fellow runners :-

I vote Legs as at present she is practically running a mara every weekend. Respect.

My vote goes to Legs as well. Huge Ks every week, amazing

Mine also goes to legs with the great effort she puts in every run turns up even when She is sore and tired.

I vote Lyanne - for the long k's and being my motivation to push it on Friday hills.

Legs - you blow me away! Smashing out the trails on Saturdays - and showing up on Sunday with not so much as a hair out of place? Looking fit and strong - ready to take on the next race. You are a legend.



As the runner of the month Legs Lyanne receives a free 60 minute massage from Nicki in Manly as well as the much coveted MBRC runner of the month certificate.

Congrats Legs Lyanne !!!! :-D

Coaches Corner
by Coach Joe

Hydration, hydration,
hydration !

How important is
hydration for runners
and athletes ??

1) hydration improves performance

There's a reason every
sports personality
takes a bottle of
water to a press
conference and it's
not just to support
their sponsors. Even
mild dehydration can
affect performance
and for top athletes
this can mean the
difference between
winning and losing. At
the top level there are
thousands of dollars
at stake and despite
the fact that this is
not necessarily true
for the average
runner, it's still a
good idea to copy the
pros and drink that
water !



2) hydration helps you lose weight

Many people mistake
hunger for hydration.
Sometimes our bodies
tell us something is
not right and we mis-
interpret that for
hunger. Very few of us
get the bare minimum
of 3 litres per day so
next time your feeling
hungry why not have a
big glass of water or
maybe it's time for a
nice cup of tea ? :-D



3) hydration helps prevent injuries

Dehydrated muscles
are sore, tired
muscles. Stay hydrated
and your chance of
injury is greatly
diminished. WATER =
INJURY PREVENTION

4) water is good for your health

Not only will it get
rid of lactic acid and
toxins in your blood
but it improves con-
centration and can
lift your mood. If
health is important to
you then water is your
friend !

How much should you
be drinking ?? Many
people suggest a min-
imum of 3 litres per
day but this is often
for inactive lifestyles.
For runners in a hot
climate like Australia
the minimum needs to
be closer to 4 litres.
If you want a PB and
you're performance is
important, it's time to
increase your water
intake ! :-D

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 \$150 !!
- No contract or joining fees
- Fun session
- Aqua Video to help correct technique
- Awesome Swimming Coach (mermaid !!)



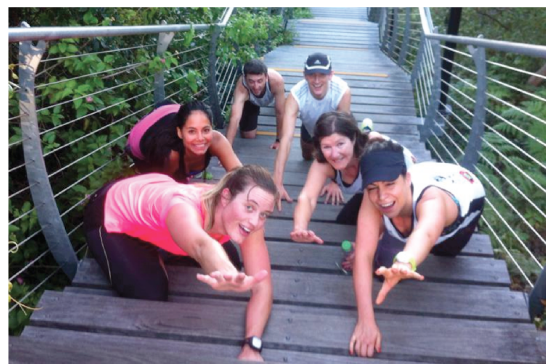
Join us for a run at 5:30 each morning
at Manly Surf Club

Find out more:
www.manlybeachrunningclub.com

Welcome to Manly Beach Running Club!

Manly Beach Running Club

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



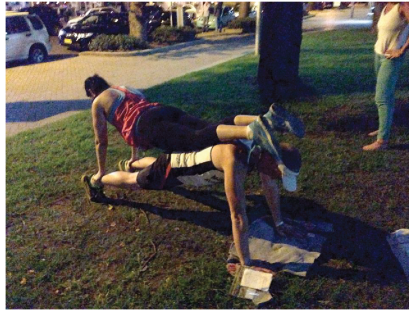
Join us for a run at 5:30 each morning
at Manly Surf Club

Find out more:
www.manlybeachrunningclub.com

Welcome to Manly Beach Running Club!

Manly Beach Running Club

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 6.45PM



- LEARN HOW TO BOX / BOXING TECHNIQUE
- CORE AND STRENGTH TRAINING
- QUALIFIED COACH WITH FIGHTING EXPERIENCE
- TUESDAY NIGHTS @ 6.45PM
- 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					