

# MBRC NEWS

## Marching through Easter towards the racing season



In this edition ...

Runner of the Month for February is ...

Coaches Corner - subscribe to our YouTube channel !

Announcements & Upcoming Events

What's on and weekly timetable

Well we've had some rainy mornings and also some spectacular sunrises. We even had a cold morning this morning for the first time in months !

The clocks are changing in a little over a week and the training runs are getting longer which means RACING SEASON IS ALMOST HERE !!!

Keep training and keeping showing up and we will get you prepared for your big day.

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  
February  
is ...  
Dom !!

Dom has only been with us since the 2nd December 2015 but she already feels like an established member of the club.

Dom is a consistent and dedicated runner that rarely misses a session and this has served her well over the last few months.

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

Go Dom !!!! :-D



Grinners are winners !! :-D

Well done Dom !! We can't wait to see what you can achieve in 2016 :-D

Coaches Corner  
by Coach Joe

Answer :- check out  
our YouTube channel

Looking for some  
info on improving  
your 5km time trial?

<http://tinyurl.com/MBRCyoutube>

Answer :- check out  
our YouTube channel



If you have any  
requests on videos  
you'd like to see  
please just ask.

<http://tinyurl.com/MBRCyoutube>

You get the idea :-)

Looking for some  
info on nutrition for  
marathon runners?

We have a wealth of  
info, hints, tips and  
advice on our  
YouTube channel to  
keep you motivated  
and in the know.

Answer :- check out  
our YouTube channel

<http://tinyurl.com/MBRCyoutube>

Looking for some  
info on running  
form?

## 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 !!)



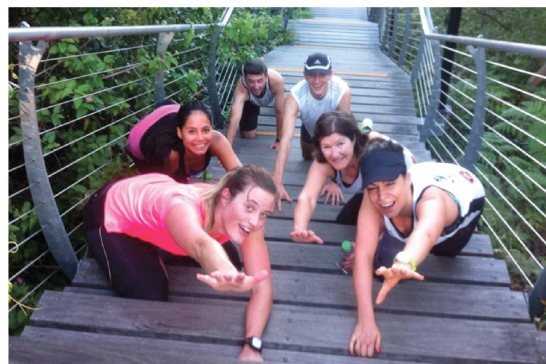
Join us for a run at 5:30 each morning  
at Manly Surf Club

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



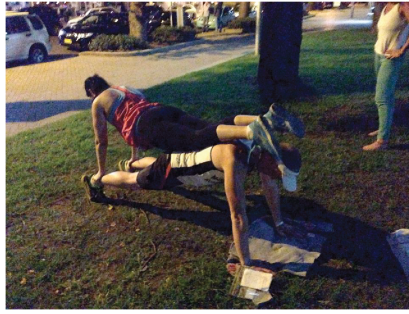
Join us for a run at 5:30 each morning  
at Manly Surf Club

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