

# MBRC NEWS

SMH and UTA HERE WE COME !!



With the SMH Half Marathon and UTASO races just a couple of weeks away now, it's almost time to start our taper. Can you believe it ?!!

Both the SMH and UTA have come around so quickly but everyone looks ready to smash it on race day.

Well done to everyone that's been training hard over the last 4/5 months. We are so close now so keep training, keep showing up and we can all celebrate at the finish line in a couple of weeks time.

Go MBRC !!

In this edition ...

Runner of the Month for March is ...

Coaches Corner -  
Self doubt

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.

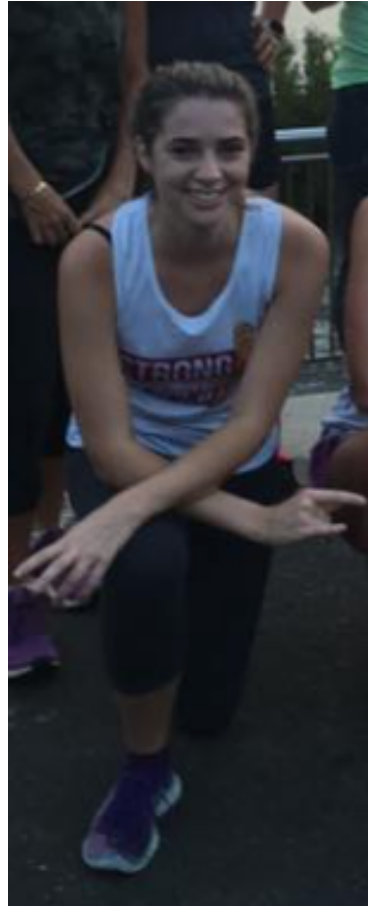


MBRC provide a friendly environment every day to help you towards your weight loss, fitness and running goals.

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 March is ... Alana !!

What can we say  
about our runner of  
the month Larns ??  
Here's a few words  
from her fellow  
MBRC runners ...



My vote goes to  
Alana for her  
consistency and  
speed with a  
smile. :-)

Alana you running  
like you stole  
something! On  
freakin fire!

100% Alana. You are  
a legend and keep  
me motivated on my  
first hills and  
tempos hahaha

There are a lot of  
good runners this  
month but I'm  
voting for Alana as  
she is looking  
unstoppable at the  
moment, very  
consistent, lots of  
pb's, & is always on  
my shoulder keeping  
me on my toes.

Alana, she is super  
fast, consistent and  
always smiling.

As the runner of the  
month Larns  
receives a free new  
MBRC running vest  
as well as the much  
coveted MBRC  
runner of the month  
certificate.

Go Larns !!!!

Keep up the great  
work ! :-D



Coaches Corner  
by Coach Joe

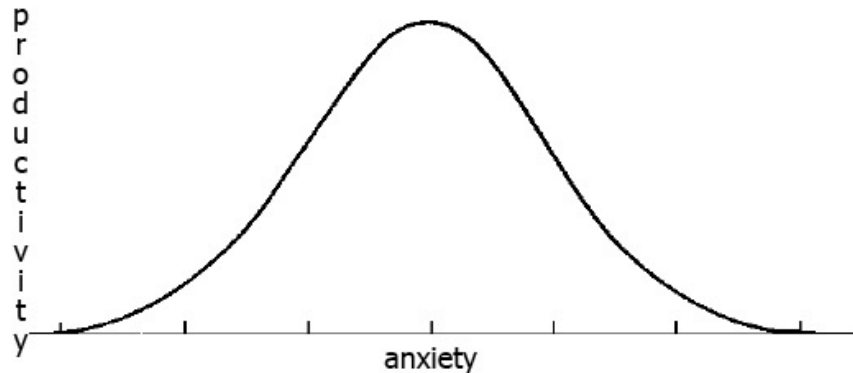
## Self doubt

One of the most recognisable characteristics of an athlete is self doubt. It drives us and motivates us to strive to be better.

Self doubt is the engine for progress and big change in our lives. It provides the power and motivation behind so many of the decisions we make as athletes.

But when does self doubt become a problem? When does it start holding us back and preventing us from becoming the best version of ourselves?

It's a difficult question to answer but I like to think of self doubt as a bell curve.



As can be seen in the image above. Self doubt and anxious energy can be useful in terms of helping to produce better productivity and performance, up to a point. Beyond this point of optimal doubt/anxiety it becomes less advantageous and can actually have a negative effect on performance.

A good analogy for this would be a first date. If you are slightly nervous with a few butterflies in your stomach then this can make you more attentive and try hard to make a good impression on your date. If you're too relaxed or too

nervous during your date, you may not make the best first impression.

So what does this mean ??

It means, use your self doubt and anxious energy to improve performance. Respect your event, respect your training but don't fear it.

As with many aspects of your training, there is a goldilocks zone to aim for that you have to discover for yourself. Keep it real, stay focussed, relaxed but a little excited too.

You can do this !

:-)

## 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

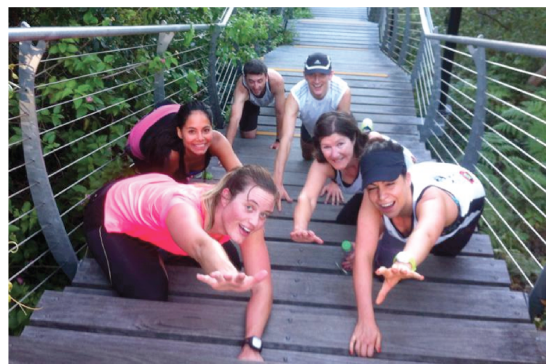


- Perfect your swimming technique
- One of the nicest beaches in Aus
- Qualified Swim Coach
- Every Sunday @ 9am
- meet @ Shelly Beach
- \$25 per session casual
- OR 10 week pass for only \$180 !!
- No contract or joining fees
- Fun session
- Aqua Video to help correct technique
- Awesome Swimming Coach (mermaid !!)



# Manly Beach Running Club

## Wednesday Night Circuit Training

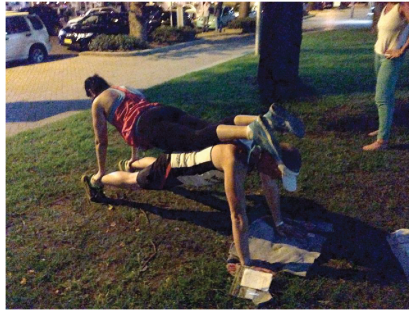


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



# 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](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***

	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					