

# MBRC NEWS

## New challenges !!



Well the SMH Half have come and gone and we have several runners eyeing up marathons in 2016.

Recovery is always a bit tricky to get right. The general rule is 1 day per mile. So don't be surprised if it takes a couple of weeks or maybe even 3 or 4

weeks before your running legs return to 100%.

The key to a great year is to recover properly, rise to new challenges but be patient and focus on consistency first and foremost.

Stay awesome guys :-)

Go MBRC !!

In this edition ...

Runner of the Month  
for April is ...

Coaches Corner -  
Silence

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 April is ... Legs !!

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



My vote goes to  
Lyanne for the  
awesome effort she  
did in the UTA so  
she makes running  
look so easy

Lyanne gets my vote  
for being such an  
inspirational runner.

100% for UTA and  
also for training  
every day and  
making it look easy!

You are simply  
outstanding. And  
you make it all  
look so easy? Always

smiling! And fitter  
than a Malley Bull!  
and an awesome  
chick with an  
awesome Mum! And  
and I could go on...  
Lucky to have you to  
inspire us all!

Everyone else has  
said it.... Makes it  
look effortless and  
an inspiration to us  
all.

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

She also receives a  
goody bag full of  
hair of beauty  
products from  
Schwarzkopf

Go Legs !!!!  
Keep up the great  
work ! :-D



Coaches Corner  
by Coach Joe

larger capacity in  
yourself for listening.

Silence

As many of you know already, I will be embarking on my next running adventure on Wednesday 1st June. Running from Brisbane to Sydney 1000kms in 12 days without talking.

This will be a physical challenge of course but for me the most exciting part is the mental challenge of not talking and running such a long distance in complete silence.

Dealing with the monotony of running for around 10-12 hours everyday without too much rest and recovery will be tough but the scariest aspect is definitely the silence part !!

Where is my mind going to go ?

Can I hack being silent for so long ?

I haven't been silent since I was born !!!

That's 36 and a half years of noise !!!

For those of you that run with my every week, you will know that silent is not a state that comes naturally to me.

But that's the task I've set myself and I'm determined to benefit and learn from this experience.

As I type, I have been silent all day since waking up. It's now around 4pm.

Already I am learning that by being silent, people talk to you more. You create a space for people to fill and you create a

Silence is golden, so they say. I hope I learn from this experience and find some truths about myself in the process.

My main goal though is to draw attention to the silence surrounding mens mental health in Australia.

Both silence in the media and the silence between men. This is an issue that is never discussed and has become almost a taboo subject.

I sincerely hope that whatever happens during my silent experiment, it gets people thinking about the men in our lives and how important they are. Oh and how do I feel about my run ??

Quietly confident :-)

## 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

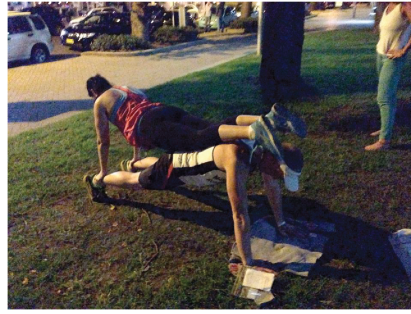


- Toning and Weight Loss
- Mountain climbers, burpees
- High intensity training session
- Qualified Coach
- Every Wed night @ 6.30pm
- meet @ Manly Surf Club
- \$15 per session or
- 10 week course for \$110
- No contract or fees
- Contact Coach Joe for more info on 0433 819 514



# 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					