

MBRC NEWS

New Year New Goals !



In this edition ...

Runner of the Month for November is ...

Coaches Corner - New Year New Goals

Announcements & Upcoming Events

What's on and weekly timetable

Hi runners !

Happy New Year !! Wow doesn't time go fast ! New Year is a time for goal setting and taking stock. What are your goals for 2016 ?

We have several races planned over the next 12 months and plenty of training programs to keep you busy :-)

If you need inspiration and guidance Manly Beach Running Club has your back. Contact Coach Joe for more info on how you can get in great shape this year. MBRC Members have access to everything they need.

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 November is ...

Elyse !!

What can we say about our fitness addict friend Elyse ??



My vote goes to Elyse for her consistency and for the awesome runner she has become !

Elyse for coolest running skirt and pulling off a tutu at the twins' birthday....and for being a good runner. I am typing up in a tree at a dam in a national park.



Lets get a few words from her fellow club runners ...

I think Elyse would be a very deserving recipient. Such a powerhouse, great ambassador for running Mums!

As the runner of the month Elyse receives a free MBRC running top as well as the much coveted MBRC runner of the month certificate !!



Well done Elyse keep running those hills ! :-)

Coaches Corner
by Coach Joe

New Year New Goals

It's that time of year when we all regret eating too much over Christmas and running too little. Then before you know it, January has arrived and it's time to whip that booty back into shape.

Here's a few tips for succeeding with your New Year Goals/Resolutions :-

1) Have some realistic, achievable goals but also have at least one unrealistic CRAZEEE goal. You're not always going to achieve it but who knows, you just might ! Don't let your goals restrict your efforts.

2) Surround yourself with people who share your goals and ambitions. There is no better way to achieve something than by having a group of people around you to keep you on track. Shared goals are shared work. Get yourself a team !

3) Put a structured, easily achievable plan or routine in place to achieve your goals. Success starts with a routine. Get one !! Get consistent !! Consistency is key !!

CONSISTENCY
IS 

4) Be accountable ! - Find someone, coach, friend, mum, husband that knows your goals and will help keep you accountable. Your pets do no count.



5) Have faith - in yourself, in your goals and in the process. Change takes time and you don't always get it right the first time. Have faith and be patient.

MBRC and our coaches are here to help you be the best version of yourself in 2016.

Contact us now to discuss your goals and get your own bespoke training program.

On a personal note, I will be having regular catchups at my favourite cafe in Manly all through January. If you have any questions or you would like to discuss your goals for 2016 lets arrange a coffee and catchup.

2016 me > 2015 me

Coach Joe x

0433 819 514

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
with Coach Judy

Every Monday and Friday
at 12pm
Lunch Time Run :-)

Tues Nights at 6.45pm
Boxing and Fitness
training

Every Saturday at 6am
Trail Run

Every Thursday morning at
5.30am
**YOGA aka Flexible
Thursday**

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 !!)



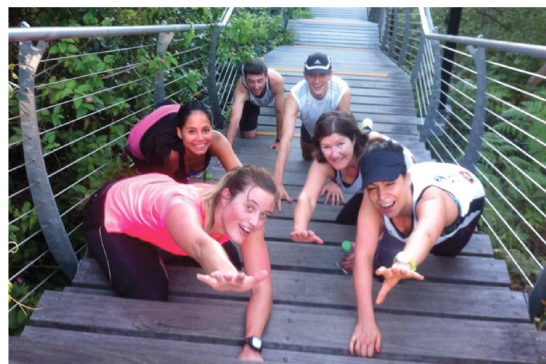
Join us for a run at 5:30 each morning
at Manly Surf Club

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



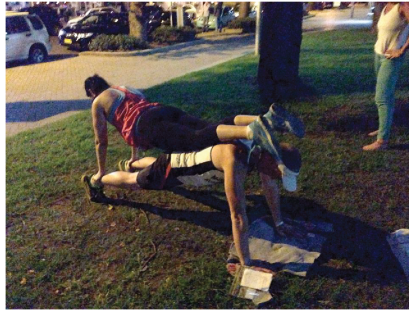
Join us for a run at 5:30 each morning
at Manly Surf Club

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

Manly Beach Running Club

Flexible Thursdays



- Short run
- Yin yoga
- Beach sunrise
- Qualified Yoga Instructor
- Every Thursday @ 5.30am
- meet @ Manly Surf Club
- \$10 per session
- No contract or fees
- First session is FREE !!



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 Fitness Timetable

	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)	Trail run - contact for details	Half Marathon/ Marathon training
9am	Mums Group Fitness						Swimming Technique Class
12pm	Lunchtime run					Lunchtime Circuit training	
4.15pm		Little Dragons Kids Kickboxing					
6.30pm	Beach Body training		Beach Body training				

Contact Coach Joe for more info - 0433 819 514 - www.manlybeachrunningclub.com.au

Find us on facebook here - www.facebook.com/groups/manlybeachrunningclub Personal Training available on request