



# Welcome to the Milford Moves Training Program



## WEEK 10!

Please be sure to post your thoughts/results/achievements in the Facebook Milford Moves Training 5K program page!

### The last two weeks!

So if you are one of the ones who is running the Milford Moves 5K, and you feel prepared for the race, but want to improve on your pace time, then this is the plan for you!

Here are 9 tips for you to utilize and incorporate into your last few weeks of training.

1. **Add Speedwork:** In order to run a 5K race faster, you have to run faster during training. Start by incorporating 80-meter sprints into your current running program.
2. **Add short uphill:** Hills require strength and endurance, so if you practice them during your training, you'll develop speed and muscle power, and just as with plyometrics (jump exercises), hill sprints will increase flexibility in your muscles and tendons, which reduces your risk of injury. In your training, tackle shorter steep hills (about six to 10 percent incline). Sprint up for 10 seconds, then walk downhill backwards to avoid pressure on the knees. Repeat, eventually building up to eight 10-second sprints. It's a surefire way to stronger, faster legs.
3. **Incorporate strength training moves that target your shins, calves, quads, glutes, and core:** Running alone won't increase your speed. You need to strengthen the muscles that make you move so your actions will be more powerful and more efficient. Incorporate variations of squats, lunges, step-ups, calf raises, bent over rows, and some of the other moves you've learned from Devon throughout the training program.
4. **Become familiar with the route:** Obtain a map of the 5K course, and if the route is open (like in a neighborhood or wooded trail), practice running it to familiarize yourself with the hills, curves, and



mile markers. Knowing the course in advance will give you confidence and an added advantage over runners who are running it for the first time.

### On Race Day

5. **Nourish and hydrate:** Eat a low-fiber meal that contains protein and easily digestible carbs. Make sure it's under 200 calories and eaten one to two hours before you run. My favorite is peanut butter on a banana, but find what works for you. Drink 14 to 20 ounces of fluid two to three hours before you run.
6. **Warm Up:** It may only be 3.1 miles, but if you warm up with some brisk walking or light jogging 25 minutes before the race, you'll not only prevent injury, but your muscles will also be ready to go once the race begins.
7. **Start out strong:** That's right. Recent research shows that approaching the first part of the race at a slightly faster than your normal pace will actually result in a shorter overall time.
8. **For uphill:** Proper form is key. Keep your head and chest upright and your shoulders and hands relaxed (no clenched fists). Take shorter strides and push off and up, not into the hill to add spring to your movements, while keeping your feet close to the ground. Don't make your legs do all the work — pump your arms to add power to each step. Gaze up the hill to where you're going rather than at the ground. It helps you see the progress you're making, which motivates you to keep going. Tackle the first two-thirds of the hill at a slower, relaxed pace, and then accelerate toward the end.
9. **For downhill:** Use gravity here and allow your body to take a longer stride with each step. Relax your leg muscles and focus on leaning forward into the hill and landing softly to avoid jarring your knees and other joints.
10. **For flats:** Focus on moving efficiently and with minimal effort. You can achieve this by shifting your shoulders slightly in front of your hips, allowing gravity to naturally pull you forward. Capitalize on this forward momentum to conserve energy while increasing your pace on flat sections of the race without much muscular effort.
11. **For curves:** Pay attention to turns in the course and move over as soon as possible to hug the curves, shortening the distance.
12. **Finish strong:** Knowing the course is extremely helpful as miles aren't always marked on 5Ks. Take a negative split approach to the race, which means once you hit the halfway mark, begin to pick up the pace (passing runners will give you an added boost of confidence). For the last quarter mile, go for the gold and sprint to the finish line.

**DON'T FORGET TO WEIGH IN IF YOU WANT TO KEEP TRACK WEEK TO WEEK!**

Please feel free to contact me ANYTIME

I can be of assistance:



Devon Taylor, cell: 203-499-7168 email: [info@devontaylor.net](mailto:info@devontaylor.net)



## Week TEN

### At home workout

\*\*If you are more advanced than a beginner,  
contact me separately for a more advanced at-home program\*



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**Enjoy Memorial Day Weekend off!**

#### Tuesday –

**Walking warmup**  
**Then jog 2 mile straight**  
**Walk 5 min as needed**  
**Jog another 1 mile straight**  
**Total of 45-60 minutes**

#### Wednesday

##### 1000 Workout

**5 Rounds of 20 each of the following for 100 rep of each**

- 1. Air Squats**
- 2. High Knees**
- 3. Mountain Climbers**
- 4. Bicycle Crunches**
- 5. Side Lunges (50 each side)**
- 6. Standing Side Crunches (50 each side)**
- 7. Jumping Jacks**
- 8. Reverse Back Fly w/ (weight options/suggested)**
- 9. Supermans**
- 10. Reverse Lunges (50 each side)**

#### Thursday

**5 Minute walking warmup**  
**Then 1 mile run at medium pace**  
**1 mile run at quicker pace – aka**  
**“race pace”**  
**1 mile run at medium pace**

#### Friday

**5 minute walking warmup**  
**Run 2.5 miles straight – approx.**  
**45 minutes**