

# Welcome to the Milford Moves Training Program



#### **WEEK 6!**

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

Congratulations on making it half way through our 12-week training program! Whether you've had bumps in the road and fell off the wagon, or if you have had some aches and pains that set you back despite your drive to finish, the important thing is that you are STILL here! And we are halfway to the 5K Race!

This week we are going to go over Running Tips and Myths. With 6 Weeks left, we have had a good start and logged some miles, but as the aches and pains may start to settle in, and we get closer to the race, we want to make sure we talk about ways to KEEP you going, and dispel some of the myths.

- You need to have a "Runners Body" FALSE!
- 2. The Pricier the shoe, the better FALSE!
- Running in the cold will damage your lungs FALSE!
- 4. Running is bad for your knees FALSE!
- 5. Women shouldn't run if they are pregnant FALSE!
- 6. Eating Pasta/Carb Loading before a race can help performance on race day FALSE!
- 7. Runners should stretch daily FALSE!
- 8. You have to run every day to get better FALSE!
- 9. Eat Bananas to keep from cramping FALSE!
- 10. Running is supposed to be hard FALSE!

#### TEN COMMANDMENTS FOR THE RUNNER

- 1. Thou shall not compare thyself to other runners. A mile is a mile.
- 2. Thou shall never say "I am not a runner." If you run, you are a runner.
- 3. Thou shall not skimp on sleep.
- 4. Remember the "rest day" and keep it holy.
- 5. Honor thy muscles and thy "aches and pains" and do not push through an injury. Runners are not invincible.
- 6. Thou shall not forget to hydrate.
- 7. Thou shall not commit the sin of wearing cotton; especially on race day.
- Thou shall not ignore thy shoes. Get properly fitted and check for wear often.
- Thou shall not get stuck in a "rut," but will vary thy running by switching up elevation, distance, and pace.
- Thou shall not covet thy neighbor's medals.



# Week Six At home workout



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

### **Sunday**

5 Minute walking warmup Then run ½ mile – or 5 min Walk ¼ mile – or 3 min Jog ¾ mile – or 8 min Walk ¼ mile – or 3 min Jog ½ mile – or 5 min

### **Monday**

Time to speed it up a bit!

5 minute walking warmup
Then alternate
8 minutes jogging at a very fast
pace
60 seconds brisk walking
Total of 40 minutes

### <u>Tuesday</u>

5 minute walking warmup and stretch
Two Circuits - 4 rounds of each

#### Circuit 1:

- -20 Jumping Jacks
- -20 Alternating Lunges
- -10 Pushups
- -20 Bicycle crunches
- -20 supermans

#### Circuit 2:

- -50 Mountain Climbers
- -15 **Dips**
- -15 Shoulder Raises →
- -15 Bridges
- -10 Burpees



#### Wednesday

5 Minute walking warmup Then run ½ mile – or 5 min Walk ¼ mile – or 3 min Jog ¾ mile – or 8 min Walk ¼ mile – or 3 min Jog ½ mile – or 5 min

#### **Thursday**

Another 500 – 100 of each
5 rounds of 20
100 Squats with weights if possible
100 Single Leg Bicep Curls (50 each side)
100 bridge with Chest Press
100 Toe Taps
100 Crunches

Friday - Day of Rest! 🕲