



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.

1. You need to have a "Runners Body" – FALSE!
2. The Pricier the shoe, the better – FALSE!
3. 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!





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 1/2 mile – or 5 min
Walk 1/4 mile – or 3 min
Jog 3/4 mile – or 8 min
Walk 1/4 mile – or 3 min
Jog 1/2 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

Tuesday

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 1/2 mile – or 5 min
Walk 1/4 mile – or 3 min
Jog 3/4 mile – or 8 min
Walk 1/4 mile – or 3 min
Jog 1/2 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! 😊