



## **Welcome to the Milford Moves Training Program**



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### **THE LAST WEEK!!**

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

### **Almost to the Finish Line!**

We are just one week away from the Race! Congratulations on making it this far – now is the home stretch! You’ve worked hard and prepared well. This week is the week to take it slightly easier and enjoy the last week before the big day.

Saturday we run the route to get used to the course. It is relatively flat, and a nice run along the water. Take in the scenery and enjoy the pace, because the race will be a blur when you get to race day, especially for the new folks!

**Enjoy this last week’s workout!**

### **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 TWELVE

## 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 jog 2 miles straight**  
**Walk 5 min as needed**  
**Jog another 1.5 mile straight**  
**Total of 45-60 minutes**

### Monday

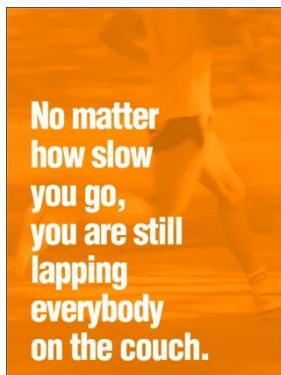
**5 Minute walking warmup**  
**Then jog 2 miles straight**  
**Walk 5 min as needed**  
**Jog another 1.5 mile straight**  
**Total of 45-60 minutes**

### Tuesday – HIIT Training

**1 Mile walking warmup**  
**Stretch – THEN**

- 15 air squats
- 15 pushups
- 15 tricep dips
- 15 crunches
- 15 Thrusters

**REPEAT 5 Rounds**



### Friday

**5 minute walking warmup**  
**Run 2 miles straight at regular pace**

### Wednesday

#### **LONG RUN**

**5 minute walking warmup**  
**Run 3 miles straight at 70 % of Race Each Pace (so slightly slower)**

### Thursday

**5 Minute walking warmup**  
**THEN:**

**30 second sprint/fast run intervals, 30 second rest in between**

**Repeat 3 rounds, then 5 burpees**  
**REPEAT that entire procedure (3 rounds of sprints and 5 burpees) for 4 rounds.**

