



Welcome to the Milford Moves Training Program



WEEK 8!

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

Hope everyone had a GREAT week and enjoyed the Yoga last week! This week I'd like to talk about Meal Prep – aka making left overs – as well as how to survive holiday weekends without over indulging!

Please see the other handout for more information!

To all the MOMs out here ~

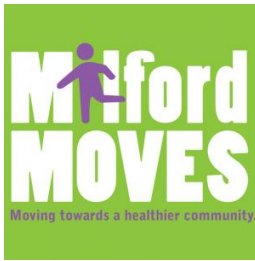


Happy Mother's Day

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



Week Eight

At home workout



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

Sunday

OFF! Happy Mother's Day!!

Monday

**5 Minute walking warmup
Then jog 1 mile straight
Walk 5 min as needed
Jog another 1 mile straight
Total of 25-30 minutes**

Tuesday –

**5 Minute walking warmup
Then jog 1 mile straight
Walk 5 min as needed
Jog another 1 mile straight
Total of 25-30 minutes**

Wednesday

**50s Workout:
50 Air Squats
50 Crunches
50 Pushups
50 Tricep Dips
50 Alternating / Jumping lunges**

Thursday

**5 Minute walking warmup
Then jog 1.5 miles straight
Walk 5 min as needed
Jog another 1.5 miles straight
Total of 35-40 minutes**

Friday

**5 minute walking warmup
Run 2 miles straight – approx. 20-25 minutes**