



Welcome to the Milford Moves Training Program



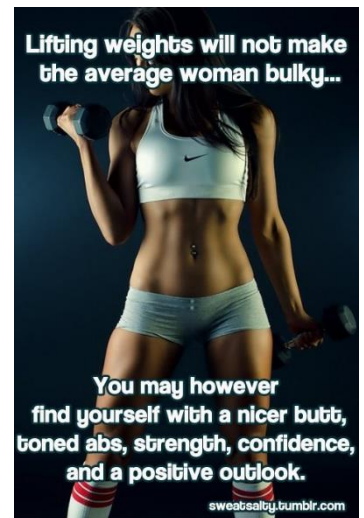
WEEK 5!

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

Week Five is here! We are in the second month of our training program and everyone is doing great! Some have definitely felt some aches and pains along the way, yet keep going. It's been amazing seeing all the positive posts on the Facebook page, along with the encouragement from others, along with the silly posts as well!

This week we are going to talk about the importance of Strength Training along with all of the cardiovascular activity. There is a reason that each week there is at least one day of calisthenics exercises on the workout plan. Weight lost and fitness goals is not just about cardio. In order to gain muscle (*aka lean muscle*) you do need to lift some weights and/or do body weight exercises!

Along with these exercises, the CORE is one of the most important part of the body to keep strong and lean. Today we will go over some basic core exercises, and start adding them to the workouts!



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 Five

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
Walk 1/4 mile
Repeat 4 x
Should complete approximately
2 miles of jogging and 1 mile of
walking

Monday

Time to speed it up a bit!
5 minute walking warmup
Then alternate
5 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
Run 3/4 mile
Walk 1/4 mile
Repeat 3 x

Total of 3 miles

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! 😊