



Welcome to the Milford Moves Training Program



Congratulations on taking this first step towards a healthier lifestyle! And welcome to Milford Moves. Over the next 12 weeks, we will learn about variety of topics, from proper stretching, to strength training exercises, nutrition and of course, running a 5K!

What is a 5K race? A 5K race is a 3.1 mile race. The Milford Moves 5K will take place at Gulf Beach and it is a timed race. ALL fitness levels are encouraged to participate. You do NOT need to be a “runner” in order to run a 5K, but at the end of the race, you will become a runner!



The next 12 weeks training program will also include take-home workouts and exercises to do so you can progress at your own pace, along with a suggested meal plan for the week. Whether your goal is weight loss, improving your running pace, or simply being active, Milford Moves and I will help you reach your goals!

OPTIONAL: If you have a weight loss goal, each week you have the option of weighing in at the beginning of the workout meeting! I can help you with your goals for the week and a specialized nutrition plan. Be sure to wear the same type of clothes each week for accuracy.

Lastly, **HAVE FUN!!** The Milford Moves training program is designed to show you that you CAN have fun, while being active and getting healthier and more fit. Whatever your goals are, push yourself to reach them, but have fun along the way. Each week we will do something new and you will be introduced to a number of different types of exercise, in addition to running. At the end of the 12 weeks, you will be armed with the right information for continuing with your own program with the activities that you enjoy.

Please feel free to contact me ANYTIME I can be of assistance:

Devon Taylor, cell: 203-499-7168 email: info@devontaylor.net



Week One At home workout



Sunday

5 minute walking warmup
Then alternate
60 seconds jogging
60 seconds brisk walking
Total of 20 minutes

Monday

5 minute walking warmup
Then alternate
60 seconds jogging
60 seconds brisk walking
Total of 20 minutes

Tuesday

5 minute walking warmup and stretch
Cardio Blast:



25 Jumping Jacks

25 High Knees

(Jog in place, knees high in front of you)

25 Alternating Lunges

25 Air Squats



Repeat 3 rounds

Wednesday

5 minute walking warmup
Then alternate
60 seconds jogging
60 seconds brisk walking
Total of 20 minutes

Thursday

5 minute walking warmup
Then alternate
60 seconds jogging
60 seconds brisk walking
Total of 20 minutes

Friday – DAY OF REST! 😊