



## Welcome to the Milford Moves Training Program



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### WEEK 3!

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

FINALLY! A day without snow or rain, although it is a bit windy and still a little Chilly!

Today we will be working on running and jogging as a group for about 30 minutes. The wind will make it a bit tougher, but we need to be prepared for all elements! The race will go on – rain or shine!

#### **Have you been drinking enough water??**

**Today's Tip:** Here's something that comes up as a question often when people are working out – can I still drink Alcohol and be “on a diet”. The answer would be, well, Yes, you can do whatever you want – but how fast and bad do you want to get to your goals?

Here's what alcohol does to your body (in a nutshell):

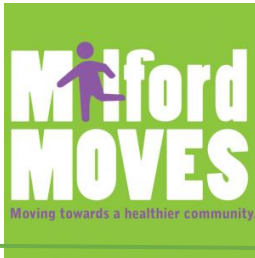
- Slows down muscle recovery, and can actually cause more muscle soreness post-workout
- Can actually CAUSE fat storage
- Will affect sleep and energy, halting weight loss efforts
- Empty calories – zero nutritive value

So while the simple answer is yes, you CAN still drink while trying to lose weight, but knowing the above, do you want to??

**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 Three

### 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 alternate**  
**3 minutes jogging**  
**60 seconds brisk walking**  
**Total of 30 minutes**

#### Monday

**5 minute walking warmup**  
**Then alternate**  
**3 minutes jogging**  
**60 seconds brisk walking**  
**Total of 30 minutes**

#### Tuesday

**5 minute walking warmup and stretch**

##### **Tabata Workout:**

**20 seconds on / 10 seconds off – 8 rounds of each**

- 1) Mt. Climbers**
- 2) Jumping Jacks**
- 3) Push Ups**
- 4) Air Squats / Jump Squats**
- 5) High Knees**

**Total Time: 20 minutes**

#### Wednesday

**5 Minute Walking Warmup**  
**Then:**  
**5 minutes running straight**  
**1 min walk**  
**Repeat 5 times**  
**Total time of 35 minutes**

#### Friday

**5 Minute Walking Warmup**  
**Then:**  
**5 minutes running straight**  
**1 min walk**  
**Repeat 5 times**  
**Total time of 35 minutes**

**Thursday - Day of Rest! 😊**