



Family and Community Spring Challenge

Couch to 5K challenge. I hope everyone has considered taking part in the challenge! You can walk, walk/run or run the 5K.

The Weymouth Food Pantry is so excited about this that they are going to allow the Weymouth School Community to enter at no cost. Healthy Wey Schools will have a table at the event and encourage everyone to donate what they can at our table for the Food Pantry. Please use the link below to register and be sure to join the Healthy Wey Schools Team! Register before June 7th to get a t-shirt.

<https://www.eventbrite.com/e/fresh-bite-5k-registration-15983221245?discount=COUCHTO5K>

	Workout 1	Workout 2	Workout 3
Week 3	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> •Jog 200 yards (or 90 seconds) •Walk 200 yards (or 90 seconds) •Jog 400 yards (or 3 minutes) •Walk 400 yards (or three minutes) 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> •Jog 200 yards (or 90 seconds) •Walk 200 yards (or 90 seconds) •Jog 400 yards (or 3 minutes) •Walk 400 yards (or three minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 2-1/2 minutes) •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes)
Week 4	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 2-1/2 minutes) •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 2-1/2 minutes) •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 2-1/2 minutes) •Jog 1/4 mile (or 3 minutes) •Walk 1/8 mile (or 90 seconds) •Jog 1/2 mile (or 5 minutes)