



Family and Community Spring Challenge

Couch to 5K challenge. Don't forget to register for the 5K – Made June 20th a Weymouth Day, come to the race in the morning and the [Reopening of Legion Field](#) in the afternoon, 2:00-6:00 pm

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>

Remember to go at your pace – keep moving but pay attention to your body! Stay hydrated during this warm weather.

	Workout 1	Workout 2	Workout 3
Week 5	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> •Jog 3/4 mile (or 8 minutes) •Walk 1/2 mile (or 5 minutes) •Jog 3/4 mile (or 8 minutes) 	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
Week 6	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> •Jog 1/2 mile (or 5 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 3/4 mile (or 8 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> •Jog 1 mile (or 10 minutes) •Walk 1/4 mile (or 3 minutes) •Jog 1 mile (or 10 minutes) 	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.