



Family and Community Spring Challenge

Couch to 5K challenge. *We are in the home stretch!* ☺ Don't forget to register for the 5K – Make 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

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!

<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.

If you are behind on your workouts, no worries you can walk run the race!

	Workout 1	Workout 2	Workout 3
Week 7	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).
Week 8	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).
Week 9	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).