



Family and Community Spring Challenge

Couch to 5K challenge. Starting this week follow a couch to 5K training and end June 20th with the Weymouth Food Pantry's [Fresh Bite 5K](#), 8:30 am at Wompatuck State Park. I will send the link to register for the 5K soon. The Food Pantry is making the Weymouth School Community a special link. There is no fee to start the workout, there is a fee to sign up for the 5K

There are many 5K apps for Smartphones that you can download. I'm using 5K Runner. To make it easy I've included week 1 and week 2's workouts below to get you started.

Please check out the [Healthy Wey Schools webpage](#) or Facebook for future workouts and updates or send your email to jean.afzali@weymouthschools.org and I will add you to the email list.

Grab a family member, colleague, friend or classmate and let's get going! 30 minutes 3X per week to start, we can do it!

| | Workout 1 | Workout 2 | Workout 3 |
|--------|--|--|--|
| Week 1 | Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. |
| Week 2 | Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. | Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. | Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. |