

Week 5

RUN YOUR CITY VIRTUAL SEASON



Week 5 Schedule

- CHALLENGE 1
Monday, March 8th
- CHALLENGE 2
Wednesday, March 10th
- RACE DAY
Saturday, March 13th
- VIRTUAL TEAM MEETING
Sunday, March 14th at 1 pm Eastern Time



Challenge #1

Running Workout

- Easy Run
 - Get a friend, family member, or song and jog a mile at a relaxing pace

Challenge #2

Workout

- 10x – Touch your toes then reach up to the sky
- 10x – Squat Jumps (squat down to touch the ground then jump up)
- 30-sec plank
- Repeat 2 more times!



RACE DAYYY

COMPLETE THE 400-METER RACE ANYTIME SATURDAY, MARCH 13TH. RECORD YOUR TIME, AND COMPLETE THE GOOGLE FORM FOR THIS WEEK'S ACTIVITIES BEFORE MIDNIGHT!

Not near a track? Map my run, gps tracking, or approximately 4 blocks or 2-minute sprint works too!



Team Meeting



Don't forget to fill out your weekly challenges before Sunday's meeting at <https://forms.gle/n7xpFmCx8k2Rks16A>

SUNDAY AT 1 PM ET

Join Zoom Meeting

<https://virginia.zoom.us/j/97151256180?pwd=QlpZeURPS3hHb0d5OGhMbGJIMEYxUT09>

Meeting ID: 971 5125 6180

Passcode: 288987

