



A training program leading up to the Midnight Sun Run!

Week Eight

We will again meet at the Midnight Sun Run Start Line. This is a new route for Couch to 10K, so let me know what you think!

Guest Coach: TBA

Park: Nenana parking lot


Check in: Couch to 10K table

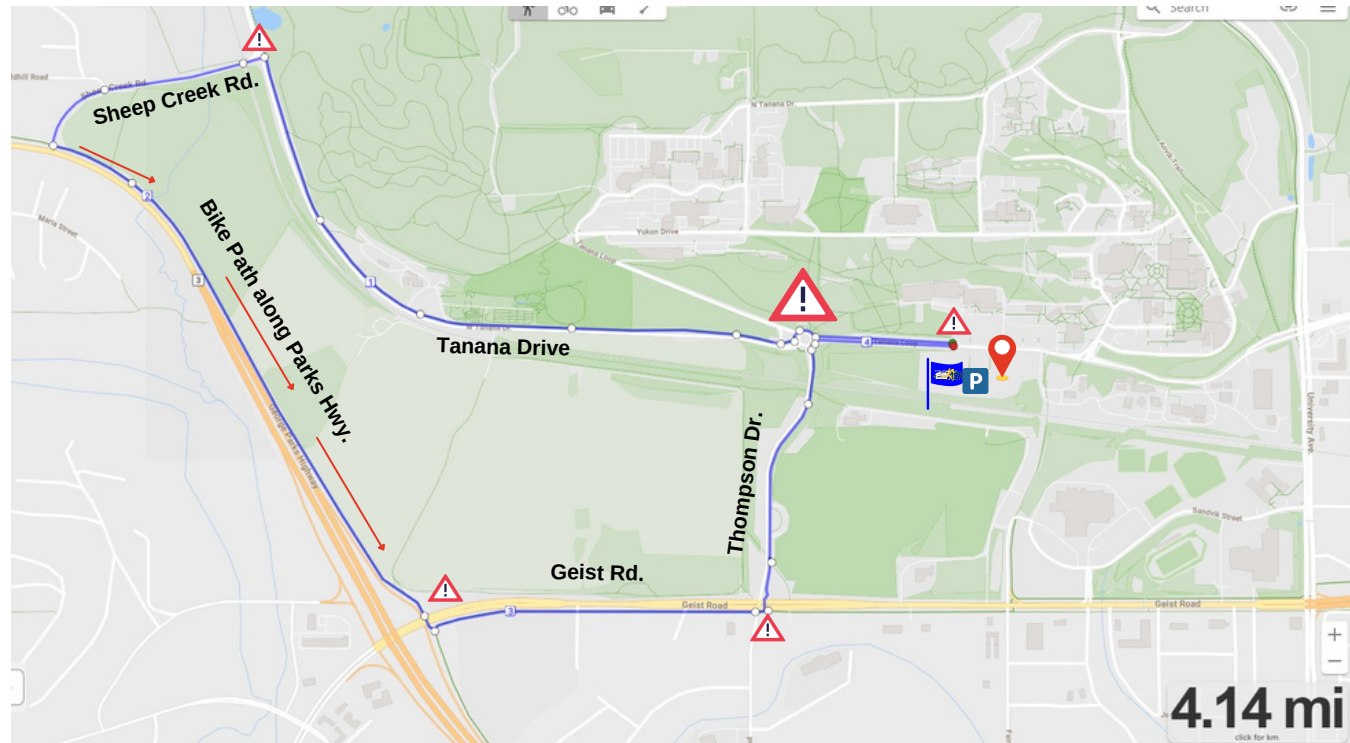
Goal: Walk or jog for 60 minutes

Route Length: Approximately 4.14 miles

Safety Concerns: ⚠️ Multiple busy road crossings; ★ no sidewalks on parts of course; use cross walks when available

 **Walkers** should complete one full loop.

 **Joggers** should complete one full loop, then continue to move until you've reached the 60-minute mark.



★ When no sidewalk or bike lane is available, walk or jog on the side of the road to your left, facing oncoming traffic.