



A training program leading up to the Midnight Sun Run!

Week Five

We will meet at **Sophie Station Hotel - 1717 University Ave. S.** To be credited with attendance for Week Five you must attend either Monday or Wednesday, BUT you are welcome to attend both.

Guest Coach: Bonnie Brooks

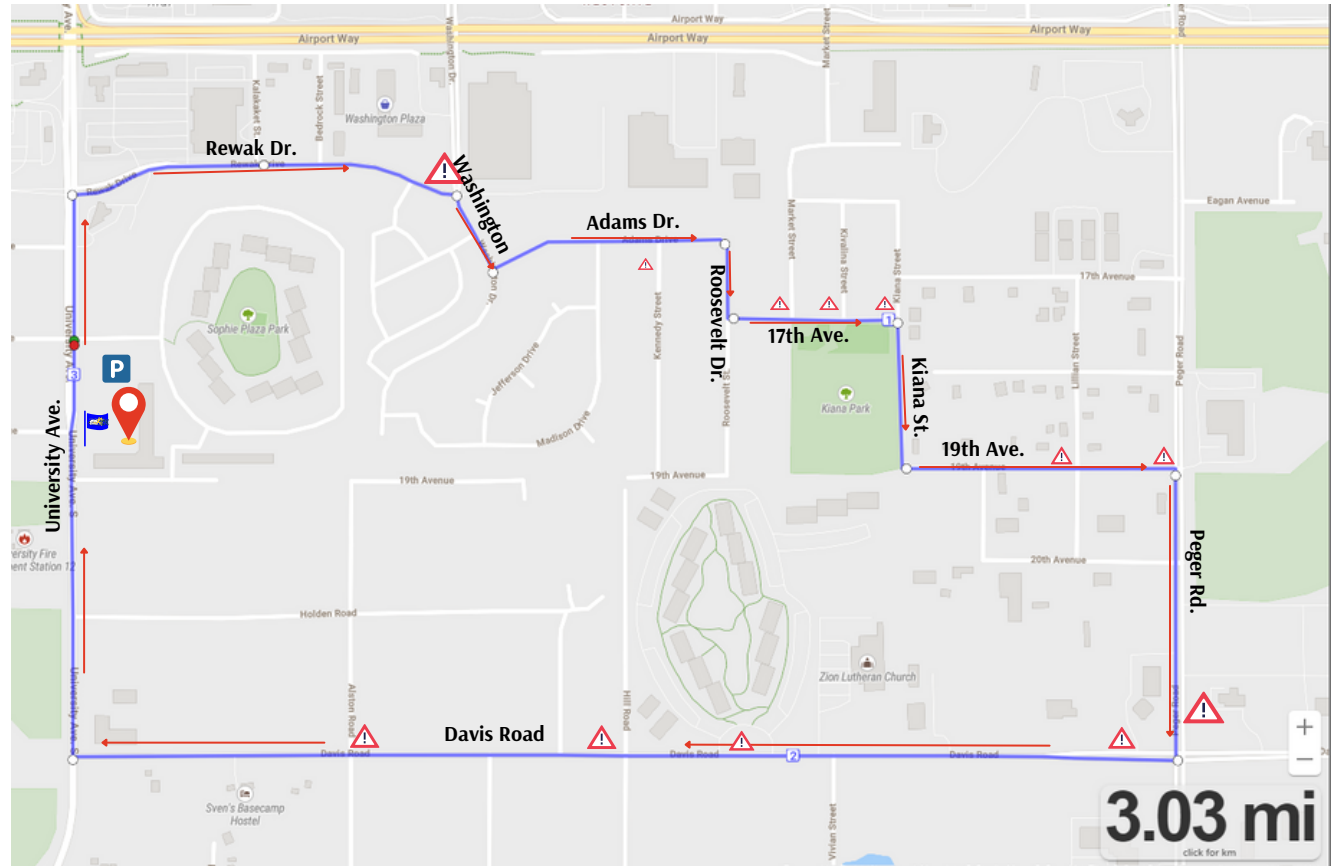
Park: Sophie Station parking lot

Check in: Couch to 10K table

Goal: Walk or jog for 50 minutes

Route Length: Approximately 3 miles

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



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



Walkers should complete one full loop in 50 minutes.



Joggers should complete one full loop, then continue to move until you've reached the 50-minute mark. Consider going out and back based on the amount of time remaining. Some will be able to complete two loops.



Look for RouteArrows to show you the way!