A training program leading up to the Midnight Sun Run!

Week Four

Monday, May 9th

&

Wednesday, May 11th

We will meet at **Alaska Universal Productions (AUP) - 2760 Philips Field Road.** To be credited with attendance for Week Four you must attend either Monday or Wednesday, BUT you are welcome to attend both.

Guest Coach: TBA

Park: AUP Parking Lot & along roadway

Check in: Couch to 10K table

Goal: Walk or jog for 45 minutes

Route Length: Approximately 2.14 mi

Safety Concerns: Multiple crossings at busy intersections; use cross walks

Walkers should complete one full loop then continue to move until you've reached the 45-minute mark.

Joggers should complete one full loop, then continue to move until you've reached the 45-minute mark. Consider going out and back based on the amount of time remaining.