



A training program leading up to the Midnight Sun Run!

Week One


For our first week out, we'll start at the Midnight Sun Run Start Line at UAF! To be credited with attendance for Week One you must attend either Monday or Wednesday, BUT you are welcome to attend both.

Park: Nenana Parking Lot.

Check in: Couch to 10K table

Goal: Walk or jog for 30 minutes.

Route Length: Approximately 1.72 miles.

Safety Concerns: Multiple road crossings; possible ice on sidewalks. 



Walkers should complete one full loop in 30 minutes.



Joggers can extend the loop to ensure a full 30-minute workout.

