



An eight-week training program leading up to the Midnight Sun Run!

Week Seven

No workout Monday



We will meet at **Pioneer Park** - To be credited with attendance for Week Seven you must attend Wednesday OR plan to do a makeup and send me a screen shot of your workout from a tracking app.

Park: Pioneer Park parking lot

Check in: Couch to 10K table

Goal: Walk or jog for 60 minutes

Route Length: Approximately 3.35 miles

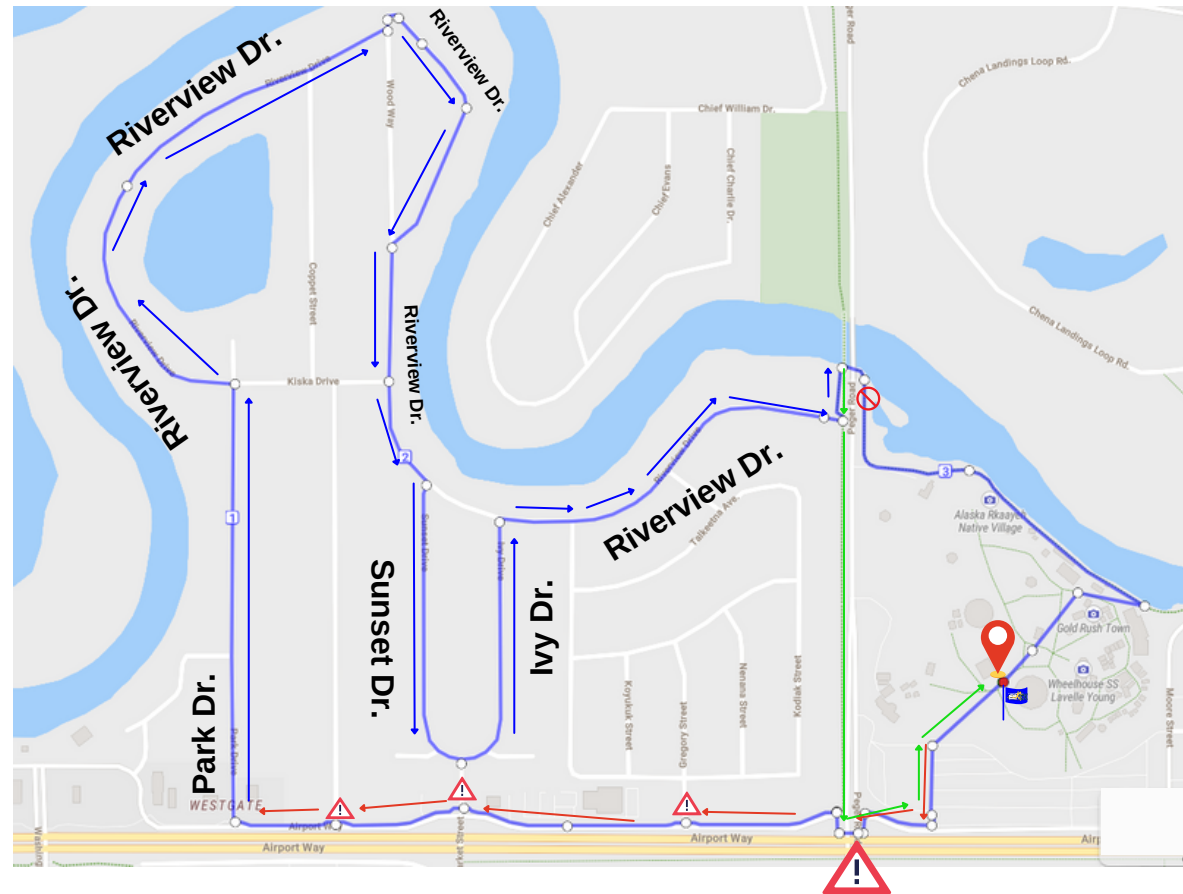
Safety Concerns: ⚠️ Multiple busy road crossings; ★ no sidewalks on parts of course; use cross walks when available



Walkers should complete one full loop then continue for to run around the park until you have reached 60 minutes.



Joggers should complete one full loop, then continue to move until you've reached the 60-minute mark. Consider running along the river toward downtown or just around the park!



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

Blue arrows mark the last portion of the Midnight Sun Run course.