



A training program leading up to the Midnight Sun Run!

Week Six

We will meet at **Randy Smith Middle School - 1401 Bainbridge Blvd.** To be credited with attendance for Week Six you must attend either Monday or Wednesday, BUT you are welcome to attend both.

Guest Coach(es): Monday -Torrey Plunk;
Wednesday - Joleen LeFever

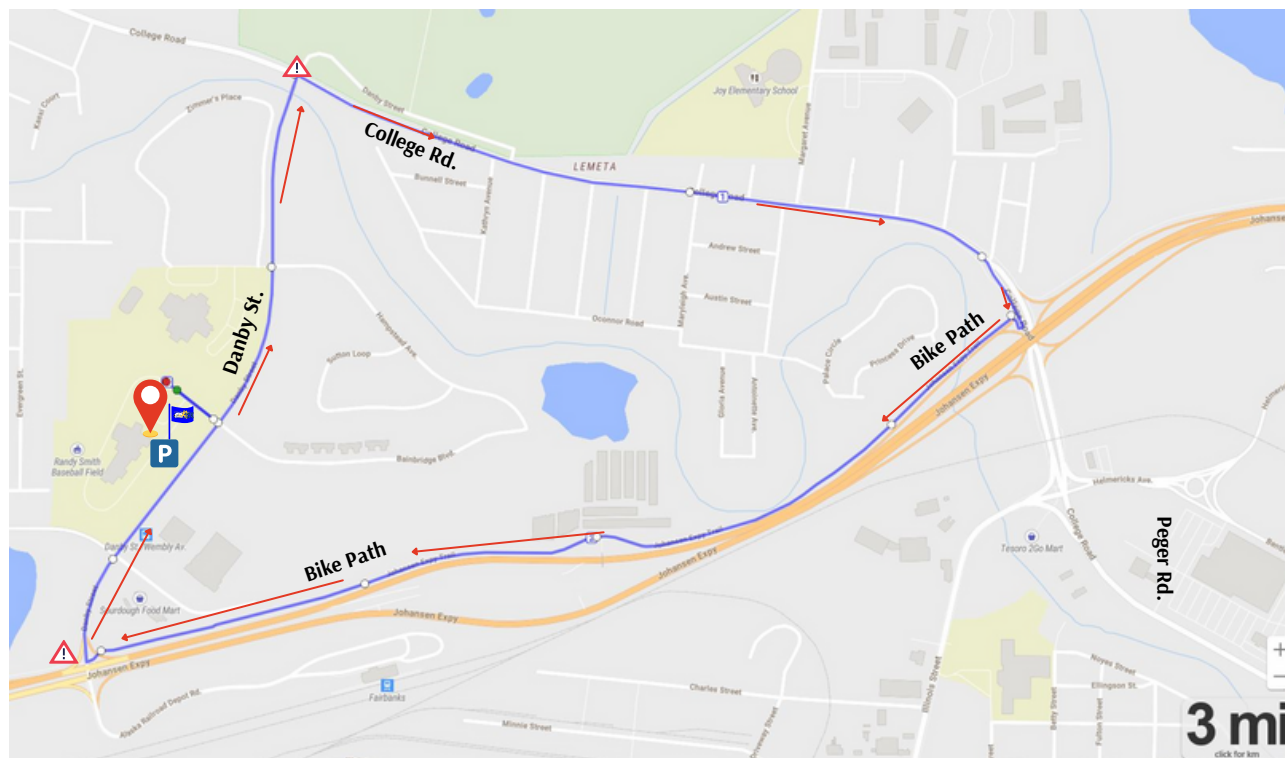
Park: Randy Smith Middle School parking lot

Check in: Couch to 10K table

Goal: Walk or jog for 55 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 55 minutes.

 **Joggers** should complete one full loop, then continue to move until you've reached the 55-minute mark. Consider going out and back based on the amount of time remaining. Some will be able to complete two loops.