



# A training program leading up to the Midnight Sun Run!

## Week Three

We will meet at **University Park Elementary School, 554 Loftus Rd.** To be credited with attendance for Week Three you must attend either Monday or Wednesday, BUT you are welcome to attend both.

**Guest Coach:** TBD


**Park:** School Parking Lot


**Check in:** Couch to 10K table

**Goal:** Walk or jog for 40 minutes

**Route Length:** Approximately 2.37 mi

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

 **Walkers** should complete one full loop in 40 minutes.

 **Joggers** should complete one full loop, then continue to move until you've reached the 40-minute mark. Consider going out and back based on the amount of time remaining.



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

**RouteArrows**

Look for RouteArrows to show you the way!