



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

## Week Nine

We will meet at **Beaver Sports - 3480 College Rd.** This is the final week! Once you finish the route and we verify you've completed the program you'll register for the Midnight Sun Run - **FOR FREE**

**Guest Coach:** Susan Schwartz

**Park:** Beaver Sports parking lot

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

**Goal:** Walk or jog for 60 minutes

**Route Length:** Approximately 4.5 miles

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

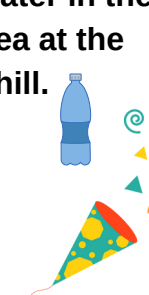
**Walkers** should complete one full loop.

**Joggers** should complete one full loop, then continue to move until you've reached the 60-minute mark.



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

I'll stage water in the parking area at the top of the hill.



# CONGRATULATIONS