



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

## Week One

For our first week we'll meet 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.

