




A training program leading up to the Midnight Sun Run!

Week Three

Red arrows show the route 

Arrows highlighted in yellow indicate you are on part of the Midnight Sun Run course 



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.

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



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 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.



Look for RouteArrows to show you the way!