



A training program leading up to the Midnight Sun Run!

Move for
**50
Mins!**

Week Five

We will meet at **Sophie Station Hotel - 1717 University Ave. S.** To be credited with attendance for Week Five you must attend either Monday or Wednesday, BUT you are welcome to attend both.

Park: Sophie Station parking lot

Check in: Couch to 10K table

Goal: Walk or jog for 50 minutes

Route Length: Approximately 3 miles

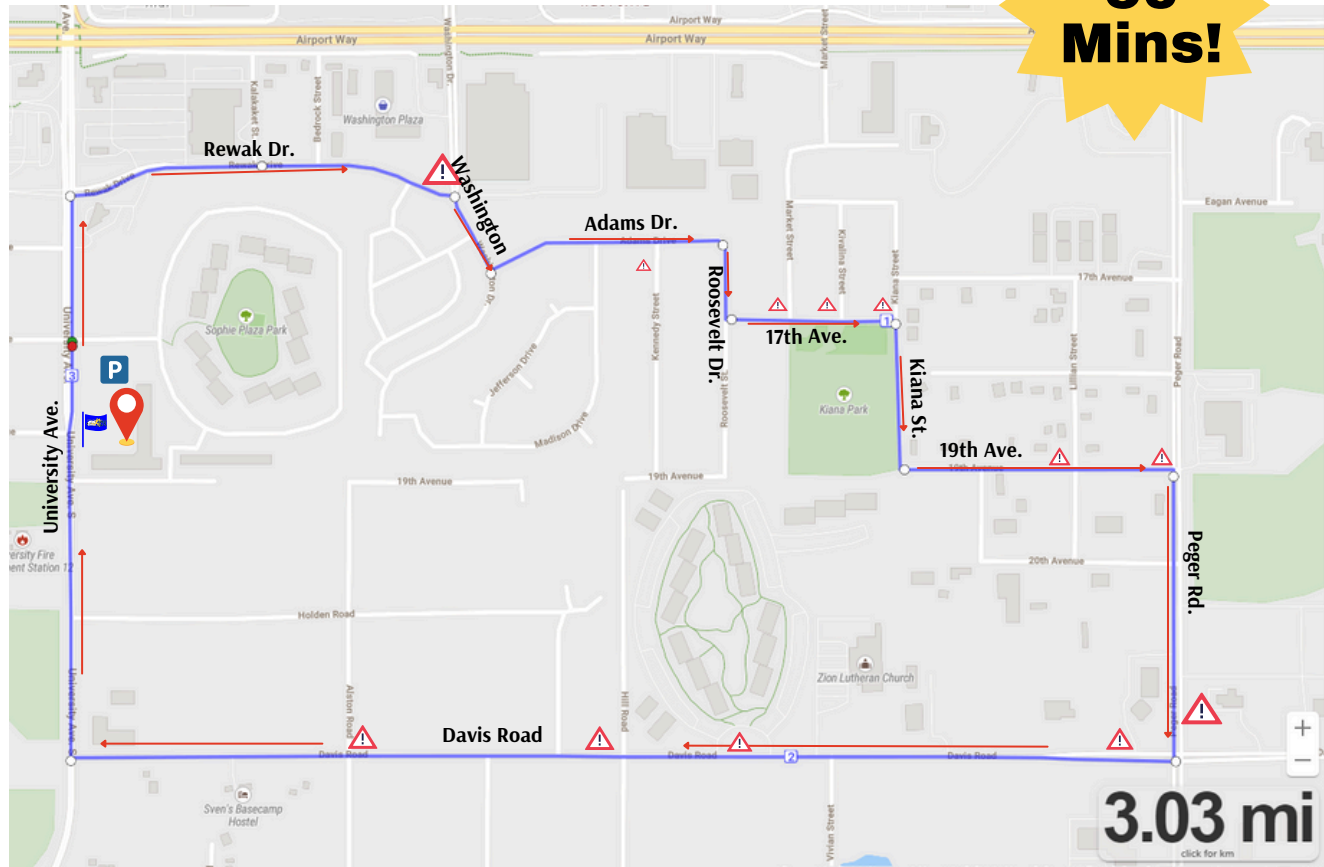
Safety Concerns: ⚠️ Multiple road crossings; ★ no sidewalks on parts of course; use cross walks when available.

Please keep children on your left, away from the road and traffic.



Walkers should complete one full loop in 50 minutes.

Joggers should complete one full loop, then continue to move until you've reached the 50-minute mark. Consider going out and back based on the amount of time remaining. Some will be able to complete two loops.



When no sidewalk is available, walk or jog on the side of the road to your left, facing oncoming traffic. Please keep children on your left, away from the road and traffic. Do not impede local traffic by walking/running more than two abreast when traffic is approaching.

