



A training program leading up to the Midnight Sun Run!

Move for
**30
Mins!**

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: Move (walk or jog/run) for 30 minutes.

Route Length: Approximately 1.72 miles.

 **Safety Concerns:** Multiple road crossings; possible ice and snow on sidewalks. If you choose to stay on the left shoulder along Geist, please children on your left, away from the road and traffic.



Walkers should complete one full loop in 30 minutes.



Joggers can extend the loop to ensure a full 30-minute workout.

