



A training program leading up to the Midnight Sun Run!

Move for
**40
Mins!**

Week Three



We will meet at **Alaska Universal Productions (AUP) - 2760 Philips Field Road**. To be credited with attendance for Week Three you must attend either Monday or Wednesday, BUT you are welcome to attend both.

Park: AUP Parking Lot & along roadway

Check in: Couch to 10K table

Goal: Walk or jog for 40 minutes

Route Length: Approximately 2.14 mi

Safety Concerns: Multiple crossings at busy intersections; use cross walks



Walkers should complete one full loop then continue to move until you've reached the 40-minute mark.



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.