



A training program leading up to the Midnight Sun Run!

Move for **35 Mins!**

Week Two

We will meet at **Frosty Feet Running Company - 380 Old Chena Pump Rd, Ste H**. To be credited with attendance for Week Two you must attend either Monday or Wednesday, BUT you are welcome to attend both.

Guest Coach: Stacy Fisk - Owner, Frosty Feet Running Company

Park: General Parking

Check in: Couch to 10K table

Goal: Walk or jog for 35 minutes.

Route Length: Approximately .93 miles.

Safety Concerns: ⚠️ Road crossing & excess gravel on edge of road. **Please keep children on your left, away from the road and traffic.**



Walkers should complete two full loops in 35 minutes.



Joggers should complete three full loops in 35 minutes.

