

APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 UAF Patty	21	22 UAF Patty	23	24	25
26	27 Frosty Feet	28	29 Frosty Feet	30		

Week 1
30 Mins

Week 2
35 Mins



Week 2
Continued

Week 3
40 Mins

Week 4
45 Mins

Week 5
50 Mins

Week 6
55 Mins

MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 U-Park Elem.	5	6 U-Park Elem.	7	8	9
10	11 Sophie Station	12	13 Sophie Station	14	15	16
17	18 Randy Smith	19	20 Randy Smith	21	22	23
24	25 MEMORIAL DAY	26	27 Pioneer Park	28	29	30

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 UAF Patty	2	3 UAF Patty	4	5	6
7	8 Beaver Sports	9	10 Beaver Sports	11	12	13
14	15 Optional UAF Patty	16	17	18	19	20 Race Day!
22	23	24	25	26	27	28
29	30					

Week 7
60 Mins

Week 8
60+ Mins

Week 9
Full Course

Total Minutes

GOALS

- Get out and move three to four times a week.
 - Record all your time each week, even if it's just a quick 5-minute walk. It all adds up and it all counts.
 - Set a goal for the Midnight Sun Run. Are you going to walk it, run it or a combination? What is your goal time?
- Use the pace chart to set a goal, then keep track of your progress.
- What are your personal goals?

- What questions do you have about reaching your goals?

Goal time for my 10K
