

10 MILE TRAINING CALENDARS





WALK RUN EXPERIENCE FUN

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MAY

GROUP WORKOUTS MUST
BE COMPLETED BY 9PM!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

KEY

● MONDAY
START GTF

● TUESDAY
START GTF

● TUESDAY
START TG

● WEDNESDAY
START GTF

● THURSDAY
START GTF

● THURSDAY
START TG

● VOUCHER
RACE

 HALO BURGER
CAR CRUISE

1

2



3

4

5

6



7

8

Kickoff!
Easy

9

Off
Kickoff!
Easy
Kickoff!
3 Miles

10

Easy
Off
Easy
Kickoff!
Easy

11

Off
Easy
3 Miles
Off
Kickoff! Easy
Kickoff! 3 Miles

12

2 Miles
Off
Off
Easy
Easy
Easy

13

Easy
2 Miles
3 Miles
Off
2 Miles
3 Miles

14

Off
Easy
3 Miles
2 Miles
Off
Easy

15

2-3 Miles
Off
Off
Easy
Easy
3-4 Miles



16

Easy
2-3 Miles
3-4 Miles
Off
2 Miles
3 Miles

17

2 Miles
Easy
Easy
2-3 Miles
Off
Off

18

Off
2 Miles
3 Miles
Easy
2-3 Miles
3-4 Miles

19

2 Miles
Off
Easy
2 Miles
Easy
Easy

20

Easy
2 Miles
3-4 Miles
Off
2 Miles
3 Miles

Healing Hands

21

Off
Easy
3 Miles
2 Miles
Off
Easy

22

3 Miles
Off
Off
Easy
Easy
3-4 Miles

23

Easy
3 Miles
4-5 Miles
Off
2 Miles
3 Miles

24

2 Miles
Easy
Easy
3 Miles
Off
Off

25

Off
2 Miles
3 Miles
Easy
3 Miles
4-5 Miles



26

2 Miles
Off
Easy
2 Miles
Easy
Easy

27

Easy
2 Miles
3-4 Miles
Off
2 Miles
3 Miles

28

Off
Easy
3 Miles
2 Miles
Off
Easy

29

3-4 Miles
Off
Off
Easy
Easy
4-5 Miles

30

Easy
3-4 Miles
5-6 Miles
Off
2-3 Miles
3 Miles

31

2-3 Miles
Easy
Easy
3-4 Miles
Off
Off

Specified number of minutes: These are your *homework* assignments. Your pace is not assigned, so go by how you feel on that particular day.

Easy: These are days you don't worry about your pace at all; just get moving. Go for an easy run/walk of no more than 20 minutes.

Cross train or Easy: These are days where you are encouraged to be physically active in some way. Use one of your guest passes to bike, swim, or elliptical at the UM-Flint Rec Center, or go for a short run/walk.

JUNE

GROUP WORKOUTS MUST
BE COMPLETED BY 9PM!

KEY

● MONDAY
START GTF

● TUESDAY
START GTF

● TUESDAY
START TG

● WEDNESDAY
START GTF

● THURSDAY
START GTF

● THURSDAY
START TG

● VOUCHER
RACE

 HALO BURGER
CAR CRUISE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|--|---|
| | | | | 1 Off 2-3 Miles 3 Miles Easy 3-4 Miles 5-6 Miles Swartz Creek 5K Challenge | 2 3 Miles Off Easy 2-3 Miles Easy Easy | 3 2 Miles 3 Miles 4-5 Miles Off 3 Miles 3-4 Miles |
| 4 Off 2-3 Miles 3-4 Miles 3 Miles Easy Easy | 5 4 Miles Off 2-3 Miles 2 Miles 5-6 Miles | 6 Easy 4 Miles 6-7 Miles Off 2-3 Miles 3-4 Miles | 7 2-3 Miles Easy Easy 4 Miles Off Off Flushing Evening Road Race | 8 Cross Train or Easy 2-3 Miles 3-4 Miles Easy 4 Miles 6-7 Miles | 9 3-4 Miles Cross Train or Easy Cross Train or Easy 2-3 Miles Cross Train or Easy Cross Train or Easy | 10 2-3 Miles 3-4 Miles 6-7 Miles Cross Train or Easy 3-4 Miles 3-4 Miles |
| 11 Off 2-3 Miles 3-4 Miles 3-4 Miles Easy Easy | 12 4-5 Miles Off Off 2-3 Miles 2-3 Miles 6-7 Miles | 13 Easy 4-5 Miles 7-8 Miles Off 2-3 Miles 3-4 Miles | 14 2-3 Miles Easy Easy 4-5 Miles Off Off | 15 Cross Train or Easy 2-3 Miles 3-4 Miles Easy 4-5 Miles 7-8 Miles | 16 3-4 Miles Cross Train or Easy Cross Train or Easy 2-3 Miles Cross Train or Easy Cross Train or Easy | 17 2-3 Miles 3-4 Miles 6-8 Miles Cross Train or Easy 3-4 Miles 3-4 Miles |
| 18 Off 2-3 Miles 3-4 Miles 3-4 Miles Easy Easy | 19 5-6 Miles Off Off 2-3 Miles 2-3 Miles 6-8 Miles | 20 Easy 5-6 Miles Hills/Short Int 5-6 miles Off 2-3 Miles 3-4 Miles | 21 2-3 Miles Easy Easy 5-6 Miles Off Off | 22 Cross Train or Easy 2-3 Miles 3-4 Miles Easy 5-6 Miles Hills/Short Int 5-6 Miles | 23 3-4 Miles Cross Train or Easy Cross Train or Easy 2-3 Miles Cross Train or Easy Cross Train or Easy | 24 2-3 Miles 3-4 Miles 6-8 Miles Cross Train or Easy 3-4 Miles 3-4 Miles |
| 25 Off 2-3 Miles 3-4 Miles 3-4 Miles Easy 6-8 Miles | 26 6 Miles Off Off 2-3 Miles 2-3 Miles Easy | 27 Easy 6 Miles 6-10 Miles Off 4-5 Miles 4-6 Miles | 28 2-3 Miles Easy Easy 6 Miles Off Off | 29 Cross Train or Easy 3-4 Miles 4-6 Miles Easy 6-7 Miles 6-10 Miles | 30 4-5 Miles Cross Train or Easy Cross Train or Easy 3-4 Miles Cross Train or Easy Cross Train or Easy | (1) 3-4 Miles 4-5 Miles 8-12 Miles Cross Train or Easy 3-4 Miles 3-4 Miles |

Specified number of minutes: These are your *homework* assignments. Your pace is not assigned, so go by how you feel on that particular day.

Easy: These are days you don't worry about your pace at all; just get moving. Go for an easy run/walk of no more than 20 minutes.

Cross train or Easy: These are days where you are encouraged to be physically active in some way. Use one of your guest passes to bike, swim, or elliptical at the UM-Flint Rec Center, or go for a short run/walk.

JULY

GROUP WORKOUTS MUST
BE COMPLETED BY 9PM!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|--|--|
| 2 Off 3-4 Miles 3-4 Miles 4-5 Miles Easy 8-12 Miles | 3 6-7 Miles Off 3-4 Miles 3-4 Miles Easy | 4 Easy 6-7 Miles Hills/Short Int 5-6 Miles Off 4-5 Miles 4-6 Miles | 5 3-4 Miles Easy Easy 6-7 Miles Off Off | 6 Cross Train or Easy 3-4 Miles 4-6 Miles Easy 7 Miles Hills/Short Int 5-6 Miles | 7 4-5 Miles Cross Train or Easy Cross Train or Easy 3-4 Miles Cross Train or Easy Cross Train or Easy | 8 3-4 Miles 4-5 Miles 8-12 Miles Cross Train or Easy 3-4 Miles 3-4 Miles Bastille Day Race |
| 9 Off 3-4 Miles 3-4 Miles 4-5 Miles Easy 8-12 Miles | 10 7-8 Miles Off Off 3-4 Miles 3-4 Miles Easy | 11 Easy 7 Miles 6-10 Miles Off 4-5 Miles 4-6 Miles | 12 3-4 Miles Easy Easy 7-8 Miles Off Off | 13 Cross Train or Easy 3-4 Miles 4-6 Miles Easy 7-8 Miles 6-8 Miles Scoop de' Loop | 14 4-5 Miles Cross Train or Easy Cross Train or Easy 3-4 Miles Cross Train or Easy Cross Train or Easy | 15 3-4 Miles 4-5 Miles 8-12 Miles Cross Train or Easy 3-4 Miles 3-4 Miles |
| 16 Off 3-4 Miles 3-4 Miles 4-5 Miles Easy 8-12 Miles | 17 8-9 Miles Off Off 3-4 Miles 3-4 Miles Easy | 18 Easy 7-8 Miles Hills/Short Int 6-8 Miles Off 4-5 Miles 4-6 Miles | 19 3-4 Miles Easy Easy 8-9 Miles Off Off | 20 Cross Train or Easy 3-4 Miles 4-6 Miles Easy 8-9 Miles Long Int/Fartlek 6-8 miles Wreaths Across America | 21 4-5 Miles Cross Train or Easy Cross Train or Easy 3-4 Miles Cross Train or Easy Cross Train or Easy | 22 3-4 Miles 4-5 Miles 8-12 Miles Cross Train or Easy 3-4 Miles 3-4 Miles |
| 23 Off 3-4 Miles 3-4 Miles 4-5 Miles Easy 8-12 Miles | 24 8-10 Miles Off Off 3-4 Miles 3-4 Miles Easy | 25 Easy 6-9 Miles 6-10 Miles Off 4-5 Miles 4-6 Miles | 26 3-4 Miles Easy Easy 8-10 Miles Off Off | 27 Cross Train or Easy 3-4 Miles 4-6 Miles Easy 8-10 Miles 6-8 Miles London Strong | 28 4-5 Miles Cross Train or Easy Cross Train or Easy 3-4 Miles Cross Train or Easy Cross Train or Easy | 29 3-4 Miles 4-5 Miles 8-12 Miles Cross Train or Easy 3-4 Miles 3-4 Miles Atwood Stadium Races |
| 30 Off 3-4 Miles Easy 4-5 Miles Easy 8-12 Miles | 31 7-8 Miles Off Off 3-4 Miles 3-4 Miles Easy | | | | | |

KEY

● MONDAY
START GTF

● TUESDAY
START GTF

● TUESDAY
START TG

● WEDNESDAY
START GTF

● THURSDAY
START GTF

● THURSDAY
START TG

● VOUCHER
RACE

 HALO BURGER
CAR CRUISE

Specified number of minutes: These are your *homework* assignments. Your pace is not assigned, so go by how you feel on that particular day.

Easy: These are days you don't worry about your pace at all; just get moving. Go for an easy run/walk of no more than 20 minutes.

Cross train or Easy: These are days where you are encouraged to be physically active in some way. Use one of your guest passes to bike, swim, or elliptical at the UM-Flint Rec Center, or go for a short run/walk.


AUGUST

GROUP WORKOUTS MUST
BE COMPLETED BY 9PM!

KEY

- MONDAY
START GTF
- TUESDAY
START GTF
- TUESDAY
START TG
- WEDNESDAY
START GTF
- THURSDAY
START GTF
- THURSDAY
START TG
- VOUCHER
RACE

 HALO BURGER
CAR CRUISE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|--|--|
| | | 1 Easy 8-10 Miles Long Int/ Fartlek 6-8 Miles Off 3-4 Miles 4-6 Miles | 2 3-4 Miles Easy 7-8 Miles Off Off | 3 Cross Train or Easy 3-4 Miles 4-6 Miles Easy 7-8 Miles Long Int/Fartlek 6-8 miles | 4 4-5 Miles Cross Train or Easy Cross Train or Easy 3-4 Miles Cross Train or Easy Cross Train or Easy | 5 3-4 Miles Off 6-10 Miles Cross Train or Easy 3-4 Miles 3-4 Miles Kayla O'Mara Memorial |
| 6 Off 3-4 Miles 3-4 Miles 4-5 Miles Easy 8-12 Miles | 7 6-8 Miles Easy Easy 3-4 Miles 2-3 Miles Easy | 8 Easy 7-8 Miles 4-6 Miles Off 3-4 Miles 4-6 Miles | 9 3-4 Miles Off Easy 4-6 Miles Off Off | 10 Cross Train or Easy 3-4 Miles 3-4 Miles Easy 5-6 Miles 4-6 Miles Great Pizza Challenge | 11 3-4 Miles Cross Train or Easy Cross Train or Easy 3-4 Miles Cross Train or Easy Cross Train or Easy | 12 Off 4-5 Miles Easy Easy or Off Off Off Give Me Shelter 5k |
| Crim Training Run/Walk Crim Training Run/Walk Crim Training Run/Walk Crim Training Run/Walk Crim Training Run/Walk | 13 Easy Off 3-4 Miles Easy Easy | 14 3-4 Miles 3-4 Miles 4-6 Miles Off 3-4 Miles 4-6 Miles | 15 3-4 Miles Easy Easy 4-6 Miles Off Off | 16 Cross Train or Easy 2-3 Miles 3-4 Miles Easy 4-6 Miles Hills/Short Int 5-6 Miles Bauman's Charity Race | 17 4-5 Miles Easy Easy 3-4 Miles Easy Easy | 18 3-4 Miles 3-5 Miles 4-6 Miles Cross Train or Easy 3-4 Miles 3-4 Miles |
| 19 Off Easy Easy 4-5 Miles Easy 4-6 Miles | 20 3-4 Miles Off Off 3-4 Miles Easy Easy | 21 Easy 3-4 Miles 4-6 Miles Off 3-4 Miles 3-4 Miles | 22 3-4 Miles Easy Easy 3-4 Miles Easy Off | 23 Easy 3-4 Miles 3-4 Miles Easy 2-3 Miles 3-4 Miles | 24 Easy Easy or Off Easy or Off Easy or Off Easy Easy | 25 26  EST. 1977 RACE DAY! |

YOU DID IT!

YOUR HARD WORK HAS PAID OFF; KEEP IT UP!

Specified number of minutes: These are your *homework* assignments. Your pace is not assigned, so go by how you feel on that particular day.

Easy: These are days you don't worry about your pace at all; just get moving. Go for an easy run/walk of no more than 20 minutes.

Cross train or Easy: These are days where you are encouraged to be physically active in some way. Use one of your guest passes to bike, swim, or elliptical at the UM-Flint Rec Center, or go for a short run/walk.



2023 *Car Cruise* SCHEDULE

Fenton Car Cruise SCHEDULE

| | |
|----------------------|-------------------|
| MONDAY, MAY 15 | 5:00 PM – 8:00 PM |
| MONDAY, JUNE 19 | 5:00 PM – 8:00 PM |
| MONDAY, JULY 17 | 5:00 PM – 8:00 PM |
| MONDAY, AUGUST 21 | 5:00 PM – 8:00 PM |
| MONDAY, SEPTEMBER 18 | 5:00 PM – 8:00 PM |
| MONDAY, OCTOBER 16 | 4:00 PM – 7:00 PM |

★ 1355 NORTH LEROY ST,
FENTON, MI 48430

Flint Car Cruise SCHEDULE

| | |
|-----------------------|-------------------|
| TUESDAY, MAY 2 | 5:00 PM – 8:00 PM |
| TUESDAY, JUNE 6 | 5:00 PM – 8:00 PM |
| THURSDAY, JULY 6 | 5:00 PM – 8:00 PM |
| TUESDAY, AUGUST 1 | 5:00 PM – 8:00 PM |
| THURSDAY, SEPTEMBER 7 | 5:00 PM – 8:00 PM |
| TUESDAY, OCTOBER 3 | 4:00 PM – 7:00 PM |

★ 3388 S LINDEN RD,
FLINT, MI 48507

Grand Blanc Car Cruise SCHEDULE

| | |
|-----------------------|-------------------|
| SATURDAY, MAY 6 | 5:00 PM – 8:00 PM |
| SATURDAY, JUNE 3 | 5:00 PM – 8:00 PM |
| SATURDAY, JULY 1 | 5:00 PM – 8:00 PM |
| SATURDAY, AUGUST 5 | 5:00 PM – 8:00 PM |
| SATURDAY, SEPTEMBER 2 | 5:00 PM – 8:00 PM |
| SATURDAY, OCTOBER 7 | 4:00 PM – 7:00 PM |

★ 2248 E HILL RD,
GRAND BLANC, MI 48439

Birch Run Car Cruise SCHEDULE

| | |
|------------------------|-------------------|
| THURSDAY, MAY 25 | 5:00 PM – 8:00 PM |
| THURSDAY, JUNE 22 | 5:00 PM – 8:00 PM |
| THURSDAY, JULY 27 | 5:00 PM – 8:00 PM |
| THURSDAY, AUGUST 24 | 5:00 PM – 8:00 PM |
| THURSDAY, SEPTEMBER 28 | 5:00 PM – 8:00 PM |
| THURSDAY, OCTOBER 26 | 4:00 PM – 7:00 PM |

★ 9130 BIRCH RUN RD,
BIRCH RUN, MI, 48415



FREE QP



SCAN TO JOIN HALO
REWARDS & GET A FREE
QP AFTER YOUR FIRST
VISIT!

