

5K & HALF CRIM **TRAINING** **CALENDARS**



WALK RUN EXPERIENCE FUN





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YOUR LOCAL & ONLINE PRINTER

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MAY

GROUP WORKOUTS MUST
BE COMPLETED BY 9PM!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 	3	4	5	6 
7	8 Kickoff! Easy	9 Off Kickoff! Easy	10 Easy Off Kickoff! Easy	11 Off Easy Off Kickoff! Easy	12 15-20 Min. Off Easy Off	13 Easy 15-20 Min. Off 15-20 Min.
14 Off Easy 15-20 Min. Easy	15 1 Mile Off Easy 20-25 Min. 	16 Easy 1-2 Miles Off Easy	17 20-25 Min. Easy 1 Mile Off	18 Easy 20-25 Min. Easy 1 Mile	19 20-25 Min. Easy 20-25 Min. Easy	20 Easy 20-25 Min. Easy 20-25 Min. Healing Hands
21 Off Easy 20-25 Min. Easy	22 1-2 Miles Off Easy 20-25 Min.	23 Easy 1-2 Miles Off Easy	24 20-25 Min. Easy 1-2 Miles Off	25 	26 20-25 Min. Easy 20-25 Min. Easy	27 Easy 20-25 Min. Easy 20-25 Min.
28 Off Easy 20-25 Min. Easy	29 1-2 Miles Off Easy 20-25 Min.	30 Easy 1-2 Miles Off Easy	31 20-25 Min. Easy 2 Miles Off			

KEY

● MONDAY
START

● TUESDAY
START

● WEDNESDAY
START

● THURSDAY
START

● 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.

JUNE

GROUP WORKOUTS MUST
BE COMPLETED BY 9PM!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Easy 20-25 Min. Easy 1-2 Miles Swartz Creek 5K Challenge	2 25-30 Min. Easy 20-25 Min. Easy	3 Easy 25-30 Min. Cross Train or Easy 25-30 Min. 
4 Off Easy 25-30 Min. Easy	5 2 Miles Off Easy 20-30 Min.	6 Easy 2 Miles Off Easy 	7 20-30 Min. Easy 2 Miles Off Flushing Evening Road Race	8 Cross Train or Easy 20-30 Min. Easy 2 Miles	9 25-30 Min. Cross Train or Easy 20-30 Min. Cross Train or Easy	10 Easy 25-30 Min. Cross Train or Easy 25-30 Min.
11 Off Easy 25-30 Min. Easy	12 2-3 Miles Off Easy 20-30 Min.	13 Easy 2-3 Miles Off Easy	14 20-30 Min. Easy 2-3 Miles Off	15 Cross Train or Easy 20-30 Min. Easy 2-3 Miles	16 25-30 Min. Cross Train or Easy 20-30 Min. Cross Train or Easy	17 Easy 25-30 Min. Cross Train or Easy 25-30 Min.
18 Off Easy 25-30 Min. Easy	19 2-3 Miles Off Easy 20-30 Min. 	20 Easy 2-3 Miles Off Easy	21 20-30 Min. Easy 2-3 Miles Off	22 Cross Train or Easy 20-30 Min. Easy 2-3 Miles 	23 25-30 Min. Cross Train or Easy 20-30 Min. Cross Train or Easy	24 Easy 25-30 Min. Cross Train or Easy 25-30 Min.
25 Off Easy 25-30 Min. Easy	26 2-3 Miles Off Easy 5K: 30 Min. ½ Crim: 35 Min.	27 Easy 2-3 Miles Off Easy	28 20-30 Min. Easy 2-3 Miles Off	29 Cross Train or Easy 20-30 Min. Easy 2-3 Miles	30 5K: 30 Min. ½ Crim: 35 Min. Cross Train or Easy 20-30 Min. Cross Train or Easy	(1) Easy 5K: 30 Min. ½ Crim: 35 Min. Cross Train or Easy 20-30 Min. 

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- THURSDAY START
- 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.

JULY

GROUP WORKOUTS MUST
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Off Easy 5K: 30 Min. ½ Crim: 35 Min. Easy	3 2-3 Miles Off Easy 5K: 30 Min. ½ Crim: 40-50 Min.	4 Easy 2-3 Miles Off Easy	5 20-30 Min. Easy 2-3 Miles Off	6 Cross Train or Easy 20-30 Min. Easy 2-3 Miles	7 5K: 30 Min. ½ Crim: 40 Min. Cross Train or Easy 20-30 Min. Cross Train or Easy	8 Easy 5K: 30 min ½ Crim: 40 min Cross Train or Easy 20-30 Min. Bastille Day Race
9 Off Easy 5K: 30 Min. ½ Crim: 40 Min. Easy	10 5K: 2-3 Miles ½ Crim: 3-4 Miles Off Easy 5K: 30 Min. ½ Crim: 40-50 Min.	11 Easy 5K: 2-3 Miles ½ Crim: 3-4 Miles Off Easy	12 20-30 Min. Easy 5K: 2-3 Miles ½ Crim: 3-4 Miles Off	13 Cross Train or Easy 20-30 Min. Easy 5K: 2-3 miles ½ Crim: 3-4 miles Scoop de' Loop	14 5K: 30 Min. ½ Crim: 40 Min. Cross Train or Easy 20-30 Min. Cross Train or Easy	15 Easy 5K: 30 min ½ Crim: 40-50 min Cross Train or Easy 20-30 Min.
16 Off Easy 5K: 30 Min. ½ Crim: 40-50 Min. Easy	17 5K: 2-3 Miles ½ Crim: 3-4 Miles Off Easy 5K: 30 Min. ½ Crim: 40-50 Min.	18 Easy 5K: 2-3 Miles ½ Crim: 3-4 Miles Off Easy	19 20-30 Min. Easy 5K: 2-3 Miles ½ Crim: 3-4 Miles Off	20 Cross Train or Easy 20-30 Min. Easy 5K: 2-3 miles ½ Crim: 3-4 miles Wreaths Across America	21 5K: 30 Min. ½ Crim: 40 Min. Cross Train or Easy 20-30 Min. Cross Train or Easy	22 Easy 5K: 30 min ½ Crim: 40-55 min Cross Train or Easy 20-30 Min.
23 Off Easy 5K: 30 Min. ½ Crim: 40-55 Min. Easy	24 5K: 2-3 Miles ½ Crim: 3-4 Miles Off Easy 5K: 30 Min. ½ Crim: 40-60 Min.	25 Easy 5K: 2-3 Miles ½ Crim: 3-5 Miles Off Easy	26 20-30 Min. Easy 5K: 2-3 Miles ½ Crim: 3-5 Miles Off	27 Cross Train or Easy 20-30 Min. Easy 5K: 2-3 miles ½ Crim: 3-5 miles London Strong	28 5K: 30 Min. ½ Crim: 40 - 60 Min. Cross Train or Easy 20-30 Min. Cross Train or Easy	29 Easy 5K: 30 min ½ Crim: 40-60 min Cross Train or Easy 20-30 Min. Atwood Stadium Races
30 Off Easy 5K: 30 Min. ½ Crim: 40-60 Min. Easy	31 5K: 2-3 Miles ½ Crim: 3-4 Miles Off Easy 20-30 Min.					

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 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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Easy 5K: 2-3 Miles ½ Crim: 3-4 Miles Off Easy	2 20-30 Min. Easy 5K: 2-3 miles ½ Crim: 3-4 miles Off	3 Cross Train or Easy 20-30 Min. Easy 5K: 2-3 miles ½ Crim: 3-4 miles	4 20-30 Min. Cross Train or Easy 20-30 Min. Cross Train or Easy	5 Easy Off Cross Train or Easy 20-30 Min. Kayla O'Mara Memorial
6 Off Easy 5K: 30 Min. ½ Crim: 40-60 Min. Easy	7 5K: 2-3 Miles ½ Crim: 3-4 Miles Off Easy 20-30 Min.	8 Easy 5K: 2 Miles ½ Crim: 3 Miles Off Easy	9 20-30 Min. Easy 5K: 2 miles ½ Crim: 3 miles Off	10 Cross Train or Easy 20-30 Min. Easy 5K: 2 miles ½ Crim: 3 miles Great Pizza Challenge	11 Easy Cross Train or Easy 20-30 Min. Cross Train or Easy	12 Off 20-30 Min. Off 20-30 Min. Give Me Shelter 5k
13 Crim Training Run/Walk Crim Training Run/Walk Crim Training Run/Walk Crim Training Run/Walk	14 2-3 Miles Easy Easy 15-20 Min.	15 Easy 1-2 Miles Off Easy	16 20-25 Min. Easy 5K: 2 miles ½ Crim: 3 miles Off	17 Cross Train or Easy 15-20 Min. Easy 2 Miles Bauman's Charity Race	18 20-30 Min. Easy 20-30 Min. Easy	19 Easy 20-30 Min. Cross Train or Easy 15-20 Min.
20 Off Easy 30-40 Min. Easy	21 1-2 Miles Off Easy 15-20 Min.	22 Easy 1-2 Miles Off Easy	23 15-20 Min. Easy 1-2 Miles Off	24 Easy 15-20 Min. 15-20 Min. 1-2 Miles	25 Easy or Off Easy or Off Easy of Off Easy	26  EST. 1977 RACE DAY!

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YOU DID IT!

YOUR HARD WORK HAS PAID OFF; KEEP IT UP!

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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.

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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!

