



# CRIM49

HAP Crim Festival Of Races

10 MILE TRAINING PROGRAM CALENDAR

ROAD TO 50

1977-2026



# THANK YOU

for being a part of the Crim Training Program. We are proud to be part of a community of over 1,300 runners and walkers who are getting ready for the 49th HAP Crim Festival of Races.



**Goal to Finish (GTF):** GTF run or walk groups have the goal of finishing the race.

**Time Goal (TG):** TG run or walk groups have a specific time goal in mind for finishing the race.

**Non-Interval (NI):** run groups that train without intervals



**Cross Train:** Special thanks to our friends at Primary Prevention Physiotherapy who have created a cross training program to be used on easy or cross training days.



PRIMARY PREVENTION PHYSIOTHERAPY

**FLINTPRINTS**.COM  
YOUR LOCAL & ONLINE PRINTER

# MAY 2026

GROUP WORKOUTS MUST BE COMPLETED BY 9PM!

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

## KEY

● MON. GTF

● MON. TG

● TUES. GTF

● TUES. TG

● WED. GTF

● WED. TG

● THURS. GTF

● THURS. TG

## VOUCHER RACES

May 16 Healing Hands

May 16 Flip Flop 5K

May 23 Clio Can Do - Freedom 4 Vets

May 16 Swartz Creek Challenge 5K

**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. You can go for a short run/walk, swim, bike, strength train, or scan the QR code on the first page for a selection of cross training workouts.

# JUNE 2026

GROUP WORKOUTS MUST BE COMPLETED BY 9PM!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Off Off 2-3 Miles 3-4 Miles 2 Miles 5-6 Miles 3-4 Miles 5-6 Miles	4 Miles 6-7 Miles Off Off 2-3 Miles 3-4 Miles Easy Easy	Easy Easy 4 Miles 6-7 Miles Off Off 2-3 Miles 3 Miles	2-3 Miles 3-4 Miles Easy Easy 4 Miles 6-7 Miles Off Easy	Cross Train Or Easy Cross Train Or Easy 2-3 Miles 3-4 Miles Cross Train Or Easy Cross Train Or Easy 3 Miles 4-5 Miles	3-4 Miles 6-7 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles 2 Miles 3-4 Miles
2-3 Miles 3-4 Miles 3-4 Miles 6-7 Miles Easy Easy Off Off	Off Off 2-3 Miles 3-4 Miles 2-3 Miles 6-7 Miles 4 Miles 6-7 Miles	4-5 Miles 7-8 Miles Off Off 2-3 Miles 3-4 Miles Easy Easy	Easy Easy 4-5 Miles 7-8 Miles Off Off 2-3 Miles 3-4 Miles	2-3 Miles 3-4 Miles Easy Easy 4-5 Miles 7-8 Miles Cross Train Or Easy Cross Train Or Easy	Cross Train Or Easy Cross Train Or Easy 2-3 Miles 3-4 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 6-7 Miles	3-4 Miles 6-8 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles 2-3 Miles 3-4 Miles
2-3 Miles 3-4 Miles 3-4 Miles 6-8 Miles Easy Easy Off Off	Off Off 2-3 Miles 3-4 Miles 2-3 Miles 6-8 Miles 4-5 Miles 7-8 Miles	5-6 Miles Hills/Short Int 5-6 Miles Off Off 2-3 Miles 3-4 Miles Easy Easy	Easy Easy 5-6 Miles Hills/ Short Int 5-6 Miles Off Off 2-3 Miles 3-4 Miles	2-3 Miles 3-4 Miles Easy Easy 5-6 Miles Hills/ Short Int 5-6 Miles Cross Train Or Easy Cross Train Or Easy	Cross Train Or Easy Cross Train Or Easy 2-3 Miles 3-4 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 6-8 Miles	3-4 Miles 6-8 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles 2-3 Miles 3-4 Miles
2-3 Miles 3-4 Miles 3-4 Miles 6-8 Miles Easy 6-8 Miles Off Off	Off Off 2-3 Miles 3-4 Miles 2-3 Miles Easy 5-6 Miles Hills/Short Int 5-6 Miles	6 Miles 6-10 Miles Off Off 4-5 Miles 4-6 Miles Easy Easy	Easy Easy 6 Miles 6-10 Miles Off Off 2-3 Miles 3-4 Miles	3-4 Miles 4-6 Miles Easy Easy 6-7 Miles 6-10 Miles Cross Train Or Easy Cross Train Or Easy	Cross Train Or Easy Cross Train Or Easy 3-4 Miles 4-6 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 6-8 Miles	4-5 Miles 8-12 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles 2-3 Miles 3-4 Miles
3-4 Miles 3-4 Miles 4-5 Miles 8-12 Miles Easy 8-12 Miles Off Off	Off Off 3-4 Miles 3-4 Miles 3-4 Miles Easy 6 Miles 6-10 Miles	6-7 Miles Hills/ Shirt Int 5-6 Miles Off Off 4-5 Miles 4-6 Miles Easy Easy				

- KEY**
- **MON. GTF**
  - **WED. GTF**
  - **MON. TG**
  - **WED. TG**
  - **TUES. GTF**
  - **THURS. GTF**
  - **TUES. TG**
  - **THURS. TG**

**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.

## VOUCHER RACES

- June 10 Flushing Evening Road Race
- June 13 Walk, Run or Roll 5K

**Cross train or easy:** These are days where you are encouraged to be physically active in some way. You can go for a short run/walk, swim, bike, strength train, or scan the QR code on the first page for a selection of cross training workouts.

# JULY 2026

GROUP WORKOUTS MUST BE COMPLETED BY 9PM!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			Easy Easy 6-7 Miles Hills Short Int 5-6 Miles Off Off 2-3 Miles 4-6 Miles	1 3-4 Miles 4-6 Miles Easy Easy 7 Miles Hills/ Short Int 5-6 Miles Cross Train Or Easy Cross Train Or Easy	2 Cross Train Or Easy Cross Train Or Easy 3-4 Miles 4-6 Miles Cross Train Or Easy Cross Train Or Easy 4-5 Miles 8-12 Miles	3 4-5 Miles 8-12 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 4-6 Miles Cross Train Or Easy Cross Train Or Easy 4-5 Miles 8-12 Miles	4 4-5 Miles 8-12 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles 3-4 Miles 3-4 Miles
3-4 Miles 3-4 Miles 4-5 Miles 8-12 Miles Easy 8-12 Miles Off Off	5 Off Off 3-4 Miles 3-4 Miles 3-4 Miles Easy 6-7 Miles Hills/ Short Int 5-6 Miles	6 7 Miles 6-10 Miles Off Off 4-5 Miles 4-6 Miles Easy Easy	7 Easy Easy 7-8 Miles 6-10 Miles Off Off 3-4 Miles 4-6 Miles	8 3-4 Miles 4-6 Miles Easy Easy 7-8 Miles 6-8 Miles Cross Train Or Easy Cross Train Or Easy	9 Cross Train Or Easy Cross Train Or Easy 3-4 Miles 4-6 Miles Cross Train Or Easy Cross Train Or Easy 4-5 Miles 8-12 Miles	10 4-5 Miles 8-12 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles 3-4 Miles 3-4 Miles	
3-4 Miles 3-4 Miles 4-5 Miles 8-12 Miles Easy 8-12 Miles Off Off	12 Off Off 3-4 Miles 3-4 Miles 3-4 Miles Easy 7-8 Miles 6-10 Miles	13 7-8 Miles Hills/ Short Int 6-8 Miles Off Off 4-5 Miles 4-6 Miles Easy Easy	14 Easy Easy 7-8 Miles Hills Short Int 6-8 Miles Off Off 3-4 Miles 4-6 Miles	15 3-4 Miles 4-6 Miles Easy Easy 8-9 Miles Long Int/Fartlek 6-8 Miles Cross Train Or Easy Cross Train Or Easy	16 Cross Train Or Easy Cross Train Or Easy 3-4 Miles 4-6 Miles Cross Train Or Easy Cross Train Or Easy 4-5 Miles 8-12 Miles	17 4-5 Miles 8-12 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles 3-4 Miles 3-4 Miles	
3-4 Miles 3-4 Miles 4-5 Miles 8-12 Miles Easy 8-12 Miles Off Off	19 Off Off 3-4 Miles 3-4 Miles 3-4 Miles Easy 8-9 Miles Hills/ Short Int 6-8 Miles	20 8-9 Miles 6-10 Miles Off Off 4-5 Miles 4-6 Miles Easy Easy	21 Easy Easy 8-9 Miles 6-10 Miles Off Off 3-4 Miles 4-6 Miles	22 3-4 Miles 4-6 Miles Easy Easy 8-10 Miles 6-8 Miles Cross Train Or Easy Cross Train Or Easy	23 Cross Train Or Easy Cross Train Or Easy 3-4 Miles 4-6 Miles Cross Train Or Easy Cross Train Or Easy 4-5 Miles 8-12 Miles	24 4-5 Miles 8-12 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles 3-4 Miles 3-4 Miles	
3-4 Miles Easy 4-5 Miles 8-12 Miles Easy 8-12 Miles Off Off	26 Off Off 3-4 Miles Easy 3-4 Miles Easy 8-10 Miles 6-10 Miles	27 8-10 Miles Long Int/ Fartlek 6-8 Miles Off Off 3-4 Miles 4-6 Miles Easy Easy	28 Easy Easy 8-10 Miles Long Int/Fartlek 6-8 Miles Off Off 3-4 Miles 4-6 Miles	29 3-4 Miles 4-6 Miles Easy Easy 7-8 Miles Long Int/ Fartlek 6-8 Miles Cross Train Or Easy Cross Train Or Easy	30 Cross Train Or Easy Cross Train Or Easy 3-4 Miles 4-6 Miles Cross Train Or Easy Cross Train Or Easy 4-5 Miles 8-12 Miles	31	

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**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.

## VOUCHER RACES

- July 9 Scoop de' Loop
- July 11 Bastille Day Race
- July 18 Clio Can Do 5K
- July 23 London Strong "Set Your Dreams" 5K
- July 29 Bauman's Charity Race

**Cross train or easy:** These are days where you are encouraged to be physically active in some way. You can go for a short run/walk, swim, bike, strength train, or scan the QR code on the first page for a selection of cross training workouts.

# AUGUST 2026

GROUP WORKOUTS MUST BE COMPLETED BY 9PM!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						4-5 Miles 6-10 Miles Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles 3-4 Miles Easy
3-4 Miles 3-4 Miles 4-5 Miles 6-10 Miles Easy 8-12 Miles Off Off	2 Off Off 3-4 Miles 3-4 Miles 2-3 Miles Easy 7-8 Miles Long Int/Fartlek 6-8 Miles	3 3 3-4 Miles 3-4 Miles 2-3 Miles Easy 7-8 Miles Long Int/Fartlek 6-8 Miles	4 7-8 Miles 4-6 Miles Off Off 3-4 Miles 4-6 Miles Easy Easy	5 Easy Easy 7-8 Miles 4-6 Miles Off Off 3-4 Miles 4-6 Miles	6 3-4 Miles 3-4 Miles Easy Easy 5-6 Miles 4-6 Miles Cross Train Or Easy Cross Train Or Easy	7 Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles Cross Train Or Easy Cross Train Or Easy 4-5 Miles 6-10 Miles
3-4 Miles 3-4 Miles 4-5 Miles 4-5 Miles Easy 8-10 Miles Off Off	9 Off Off 3-4 Miles 3-4 Miles 2-3 Miles Easy 3-4 Miles 4-6 Miles	10 10 3-4 Miles 3-4 Miles 2-3 Miles Easy 3-4 Miles 4-6 Miles	11 7-8 Miles 4-6 Miles Off Off 3-4 Miles 4-6 Miles Easy Easy	12 Easy Easy 4-6 Miles 4-6 Miles Off Off 3-4 Miles 3-4 Miles	13 2-3 Miles 3-4 Miles Easy Easy 4-6 Miles Hills/ Short Int 5-6 Miles Cross Train Or Easy Cross Train Or Easy	14 Cross Train Or Easy Cross Train Or Easy 3-4 Miles 3-4 Miles Cross Train Or Easy Cross Train Or Easy 4-5 Miles 4-5 Miles
Easy Easy 4-5 Miles Easy Easy 4-6 Miles Off Off	16 Off Off 3-4 Miles 4-6 Miles 2-3 Miles Easy 3-4 Miles 4-6 Miles	17 17 Off Off 3-4 Miles 4-6 Miles 2-3 Miles Easy 3-4 Miles 4-6 Miles	18 3-4 Miles 4-6 Miles Off Off 3-4 Miles 3-4 Miles Easy Easy	19 Easy Easy 3-4 Miles 4-6 Miles Off Off 3-4 Miles 3-4 Miles	20 3-4 Miles 3-4 Miles Easy Easy 2-3 Miles 3-4 Miles Easy Easy	21 Easy Or Off Easy Or Off Easy Or Off Easy Or Off Easy Or Off Easy Or Off Easy Or Off Easy Or Off
						 <b>RACE DAY!</b>

# YOU DID IT!

YOUR HARD WORK HAS PAID OFF; KEEP IT UP!

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**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.

## VOUCHER RACES

- August 6 Great Pizza Challenge
- August 16 Montrose Blueberry Festival Road Race

**Cross train or easy:** These are days where you are encouraged to be physically active in some way. You can go for a short run/walk, swim, bike, strength train, or scan the QR code on the first page for a selection of cross training workouts.

# IMPORTANT DATES

**TRAINING PROGRAM KICK OFF**

**MAY 5, 2026**

**RAILRUN 5K**

**JUNE 7, 2026**

**MARTI AUSTIN KIDS' CLASSIC**

**AUGUST 15, 2026**

**EXPO OPENS**

**AUGUST 20, 2026**

**30 YEAR CLUB CELEBRATION**

**AUGUST 20, 2026**

**HAP CRIM FESTIVAL OF RACES**

**AUGUST 21 - 22, 2026**

## VOUCHER RACE DATES

**MAY 16 | Healing Hands**

**MAY 16 | Flip Flop 5K**

**MAY 23 | Clio Can Do - Freedom 4 Vets**

**MAY 28 | Swartz Creek Challenge 5k**

**JUNE 10 | Flushing Evening Road Race**

**JUNE 13 | Walk, Run or Roll 5K**

**JULY 9 | Scoop de' Loop**

**JULY 11 | Bastille Day Race**

**JULY 18 | Clio Can Do 5K**

**JULY 23 | London Strong "Set Your Dreams" 5K**

**JULY 29 | Bauman's Charity Race**

**AUGUST 6 | Great Pizza Challenge**

**AUGUST 16 | Montrose Blueberry Festival Road Race**



**origami**  
REHABILITATION

# Unfold Your Greatest Potential.

Your trusted rehabilitation partner.

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**Occupational Therapy**



**Speech-Language Pathology**



**Mental Health Services**

## Who We Are

Origami Rehabilitation is a CARF accredited 501(c)(3) nonprofit organization. Origami provides comprehensive rehabilitation for children and adults with neurological, developmental, mental health, and orthopedic conditions through their residential and outpatient programs.

## For Runners & Active Individuals:

- ✓ Athletic Performance Optimization
- ✓ Concussion Care
- ✓ Pelvic Health
- ✓ Sports Injury Rehabilitation
- ✓ Sports Vision Training
- ✓ Vestibular & Balance Therapy

**Personalized, one-on-one care with licensed clinicians.  
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**OrigamiRehab.org**



**517-336-6060**



**Info@OrigamiRehab.org**



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Lansing, and Mason.**

