



CRIM49

HAP Crim Festival Of Races

5K & 5 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	5 Kickoff Easy!	6 Off Kickoff Easy!	7 Easy Off Kickoff Easy!	8 Off Easy Easy	9 15-20 Minutes Off 15-20 Minutes
10 Easy 15-20 Minutes Easy	11 Off Easy 20-25 Minutes Kickoff Easy!	12 1 Mile Off Easy Off	13 Easy 1 Mile Off Easy	14 15-20 Minutes Easy 1 Mile Off	15 Easy 20-25 Minutes Easy 15-20 Minutes	16 20-25 Minutes Easy 20-25 Minutes Easy
17 Easy 20-25 Minutes Easy Off	18 Off Easy 15-20 Minutes 1 Mile	19 1-2 Miles Off Easy Easy	20 Easy 1-2 Miles Off 20-25 Minutes	21 20-25 Minutes Easy 1-2 Miles Easy	22 Easy 20-25 Minute Easy 15-20 Minutes	23 20-25 Minutes Easy 20-25 Minutes Easy
24 Easy 20-25 Minutes Easy Off	25 Off Easy 20-25 Minutes 1-2 Miles	26 1-2 Miles Off Easy Easy	27 Easy 2 Miles Off 20-25 Minutes	28 20-25 Minutes Easy 1-2 Miles Easy	29 Easy 20-25 Minutes Easy 20-25 Minutes	30 25-30 Minutes CrossTrain/ Easy 25-30 Minutes Easy

31
Easy
25-30 Minutes
Easy
Off

KEY

- MON. START ● WED. START
- TUES. START ● THURS. START

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
	1 Off Easy 20-30 Minutes 1-2 Mile	2 2 Miles Off Easy Easy	3 Easy 2 Miles Off 20-25 Minutes	4 20-30 Minutes Easy 2 Miles Easy	5 Cross Train / Easy 20-30 Minutes Off Cross Train/ Easy 25-30 Minutes	6 25-30 Minutes Cross Train/Easy 25-30 Minutes Easy
7 Easy 25-30 Minutes Easy Off	8 Off Easy 20-30 Minutes 2 Miles	9 2-3 Miles Off Easy Easy	10 Easy 2 Miles Off 20-30 Minutes	11 20-30 Minutes Easy 2 Miles Cross Train/Easy	12 Cross Train / Easy 20-30 Minutes Cross Train/ Easy 25-30 Minutes	13 25-30 Minutes Cross Train/ Easy 25-30 Minutes Easy
14 Easy 25-30 Minutes Easy Off	15 Off Easy 20-30 Minutes 2-3 Miles	16 2-3 Miles Off Easy Easy	17 Easy 2 Miles Off 20-30 Minutes	18 20-30 Minutes Easy 2 Miles Cross Train/Easy	19 Cross Train / Easy 20-30 Minutes Cross Train/ Easy 25-30 Minutes	20 25-30 Minutes Cross Train/ Easy 25-30 Minutes Easy
21 Easy 25-30 Minutes Easy Off	22 Off Easy 5k: 30 Minutes 5 Mile: 35 Minutes 2-3 Miles	23 2-3 Miles Off Easy Easy	24 Easy 2 Miles Off 20-30 Minutes	25 20-30 Minutes Easy 2 Miles Cross Train/Easy	26 Cross Train / Easy 20-30 Minutes Cross Train/ Easy 25-30 Minutes	27 5k: 30 Minutes 5 Mile: 35 Minutes Cross Train/ Easy 25-30 Minutes Easy
28 Easy 5k: 30 Minutes 5 Mile: 35 Minutes Easy Off	29 Off Easy 5k: 30 Minutes 5 Mile: 35 Minutes 2-3 Miles	30 2-3 Miles Off Easy Easy				

KEY

- MON. START
- TUES. START
- WED. START
- THURS. START

VOUCHER RACES

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

JULY 2026

GROUP WORKOUTS MUST BE COMPLETED BY 9PM!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Easy 2-3 Miles Off 20-30 Minutes	2 20-30 Minutes Easy 2-3 Miles Cross Train/ Easy	3 Cross Train/ Easy 20-30 Minutes Cross Train/ Easy 5k: 30 Minutes 5 Mile: 35 Minutes	4 5k: 30 Minutes 5 Mile: 40 Minutes Cross Train/ Easy 20-30 Minutes Easy
5 Easy 5k: 30 Minutes 5 Mile: 40-50 Min. Easy Off	6 Off Easy 5k: 30 Minutes 5 Mile: 40-50 Minutes 2-3 Miles	7 5k: 2-3 Miles 5 Mile: 3-4 Miles Off Easy Easy	8 Easy 5k: 2-3 Miles 5 Mile: 3-4 Miles Off 20-30 Minutes	9 20-30 Minutes Easy 5k: 2-3 Miles 5 Mile: 3-4 Miles Cross Train/ Easy	10 Cross Train/ Easy 20-30 Minutes Cross Train/ Easy 5k: 30 Minutes 5 Mile: 40 Minutes	11 5k: 30 Minutes 5 Mile: 40-50 Minutes Cross Train/ Easy 25-30 Minutes Easy
12 Easy 5k: 30 Minutes 5 Mile: 40-50 Min. Easy Off	13 Off Easy 5k: 30 Minutes 5 Mile: 40-50 Minutes 5k: 2-3 Miles 5 Mile: 3-4 Miles	14 5k: 2-3 Miles 5 Mile: 3-4 Miles Off Easy Easy	15 Easy 5k: 2-3 Miles 5 Mile: 3-4 Miles Off 20-30 Minutes	16 20-30 Minutes Easy 5k: 2-3 Miles 5 Mile: 3-4 Miles Cross Train/ Easy	17 Cross Train/ Easy 20-30 Minutes Cross Train/ Easy 5k: 30 Minutes 5 Mile: 40 Minutes	18 5k: 30 Minutes 5 Mile: 40-55 Minutes Cross Train/ Easy 25-30 Minutes Easy
19 Easy 5k: 30 Minutes 5 Mile: 40-55 Min. Easy Off	20 Off Easy 5k: 30 Minutes 5 Mile: 40-60 Minutes 5k: 2-3 Miles 5 Mile: 3-4 Miles	21 5k: 2-3 Miles 5 Mile: 3-5 Miles Off Easy Easy	22 Easy 5k: 2-3 Miles 5 Mile: 3-5 Miles Off 20-30 Minutes	23 20-30 Minutes Easy 5k: 2-3 Miles 5 Mile: 3-5 Miles Cross Train/ Easy	24 Cross Train/ Easy 20-30 Minutes Cross Train/ Easy 5k: 30 Minutes 5 Mile: 40-60 Minutes	25 5k: 30 Minutes 5 Mile: 40-60 Minutes Cross Train/ Easy 25-30 Minutes Easy
26 Easy 5k: 30 Minutes 5 Mile: 40-60 Min. Easy Off	27 Off Easy 20-30 Minutes 5k: 2-3 Miles 5 Mile: 3-4 Miles	28 5k: 2-3 Miles 5 Mile: 3-4 Miles Off Easy Easy	29 Easy 5k: 2-3 Miles 5 Mile: 3-4 Miles Off 20-30 Minutes	30 20-30 Minutes Easy 5k: 2-3 Miles 5 Mile: 3-4 Miles Cross Train/ Easy	31 Cross Train/ Easy 20-30 Minutes Cross Train/ Easy 20-30 Minutes	

KEY

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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
						1 5k: 30 Minutes 5 Mile: 40-60 Minutes Cross Train/ Easy 20-30 Minutes Easy
2 Easy 5k: 30 Minutes 5 Mile: 40-60 Min. Easy Off	3 Off Easy 20-30 Minutes 5k: 2-3 Miles 5 Mile: 3-4 Miles	4 5k: 2 Miles 5 Mile: 3 Miles Off Easy Easy	5 Easy 5k: 2 Miles 5 Mile: 3 Miles Off 20-30 Minutes	6 20-30 Minutes Easy 5k: 2 Miles 5 Mile: 3 Miles Cross Train/ Easy	7 Cross Train/ Easy 20-30 Minutes Cross Train/ Easy 20-30 Minutes	8 20-30 Minutes Cross Train/ Easy 20-30 Minutes Easy
9 Easy 5k: 30 Minutes 5 Mile: 40-60 Min. Easy Off	10 Off Easy 20-30 Minutes 2-3 Miles	11 1-2 Miles Off Easy Easy	12 Easy 5k: 2 Miles 5 Mile: 3 Miles Off 20-30 Minutes	13 15-20 Minutes Easy 2 Miles Cross Train/ Easy	14 Easy 20-30 Minutes Cross Train/ Easy 20-30 Minutes	15 20-30 Minutes Cross Train/ Easy 20-30 Minutes Easy
16 Easy 30-60 Minutes Easy Off	17 Off Easy 1-2 Miles 1-2 Miles	18 1-2 Miles Off Easy Easy	19 Easy 1-2 Miles Off 15-20 Minutes	20 15-20 Minutes 15-20 Minutes 15-20 Minutes Easy	21 Easy Or Off Easy Or Off Easy Or Off Easy Or Off	 RACE DAY!

YOU DID IT!

YOUR HARD WORK HAS PAID OFF; KEEP IT UP!

KEY

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- TUES. START ● THURS. START

VOUCHER RACES

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

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.

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



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REHABILITATION

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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

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Schedule An Appointment Today.**



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