

TRAIN TO ACHIEVE

Experts from the Bellin Running Crew are ready to help you cross the finish line and attain your personal health goals. Stay on track with this easy-to-follow training guide and find support at our free training sessions.

Training videos, tips and other resources are available at bellinrun.com/training.

FREE TRAINING RUNS & WALKS

Enjoy the energy and support of a group training session. This free program is open to runners and walkers of all performance levels. Each week features a brief informational session and warm up. Choose from a short route and a long route, with routes gradually extending each week.

Wednesdays at 6 p.m., beginning March 21

**Bellin Health Tiletown
Sports Medicine & Orthopedics
1970 S. Ridge Road, Green Bay**

FREE WALK-IN INJURY ASSESSMENT

When an injury gets in the way of what you love to do, Bellin Health Tiletown can help. We offer free sports injury and orthopedic assessments with our team of licensed athletic trainers, without an appointment, so you can begin your comeback. You'll get the answers you need and be directed to the appropriate level of care – from home treatment steps for minor injuries, to rapid access to one of our sports medicine physicians for injuries that need a higher level of care.

Walk-in Hours

**Monday – Thursday, 8 a.m. – 8 p.m.
Friday, 8 a.m. – 6 p.m.
Saturday, 8 a.m. – noon**

Bellin Health Tiletown
Sports Medicine & Orthopedics
1970 S. Ridge Road, Green Bay
920.430.4888

THE RESOURCE FOR RUNNERS

Bellin Fitness provides a supportive team to help you meet your goals. Our three locations feature an expert team guiding group fitness sessions, specialty classes and personal training, and providing weight management and nutrition services.

Get more information at bellinfitness.com.

VIDEO ASSESSMENT

The Bellin Health Movement Performance Lab provides high-tech analysis for athletes and other active individuals. The Movement Performance Lab uses the most advanced motion capture video software available to evaluate your running mechanics – helping you to run without pain, avoid injury and improve your performance.

Bellin's running experts specialize in assisting walkers and runners, including:

- Injury prevention
- Nutrition
- Body movement and functionality
- Orthotics
- Running/walking progressions
- Cross training

Contact running expert Nate Vandervest at Nathan.Vandervest@bellin.org for more information.

INJURY HOTLINE

Call our free Bellin Run Injury Hotline for injury consultation. A licensed athletic trainer will answer your injury questions and help determine treatment options.

Mon.-Sat. | 8 a.m.-8 p.m. | 920.430.4595



ttwaceseries.com

TITLETOWN WELLNESS RACE SERIES

Anyone who registers for and participates in one of the race series events is automatically entered into the series.

6.9.18

Bellin Run

TBD

Packers 5K Run

8.11.18

Shanty Days 5K Run/Walk (Algoma, Wis.)

9.8.18

City Stadium Run 5K

10.6.18

Bellin Women's Half Marathon & 5K

10.13.18

Run For the Hill of It 5K Trail Run/Walk

11.22.18

Festival Foods Turkey Trot

2018 BELLIN RUN

10K TRAINING GUIDE



RUNNERS & WALKERS
JUNE 9, 2018 • 8 AM

Register today at
BellinRun.com

2018 BELLIN RUN

Powered by
bellinhealth

MARCH

Training Distance is in Miles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Walkers: Walk 1 Runners: Walk 1.5-2 <i>My miles:</i>	26 Rest	27 Walkers: Leisure Walk 1 Runners: Run 1.5 <i>My miles:</i>	28 Cross Train	29 Walkers: Brisk Walk 1 Runners: Run 1.5 <i>My miles:</i>	30 Rest	31 Walkers: Walk 1 Runners: Run 2 <i>My miles:</i>

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Walkers: Leisure Walk 1.25 Runners: Run/Walk 1.5-2 <i>My miles:</i>	2 Rest	3 Walkers: Brisk Walk 1.25 Runners: Run 2 <i>My miles:</i>	4 Cross Train	5 Walkers: Brisk Walk 1 Runners: Run 2 <i>My miles:</i>	6 Rest	7 Walkers: Walk 2 Runners: Run 2.5 <i>My miles:</i>
8 Walkers: Leisure Walk 1.25 Runners: Run/Walk 1.5-2 <i>My miles:</i>	9 Rest	10 Walkers: Brisk Walk 1.5 Runners: Run 2.5 <i>My miles:</i>	11 Cross Train	12 Walkers: Brisk Walk 1.5 Runners: Run 2-2.5 <i>My miles:</i>	13 Rest	14 Walkers: Walk 2 Runners: Run 3 <i>My miles:</i>
15 Walkers: Leisure Walk 1.5 Runners: Run/Walk 2 <i>My miles:</i>	16 Rest	17 Walkers: Brisk Walk 1.5 Runners: Run 3 <i>My miles:</i>	18 Cross Train	19 Walkers: Brisk Walk 1.5 Runners: Run 2.5-3 <i>My miles:</i>	20 Rest	21 Walkers: Walk 3 Runners: Run 3.5 <i>My miles:</i>
22 Walkers: Leisure Walk 1.5 Runners: Run/Walk 2 <i>My miles:</i>	23 Rest	24 Walkers: Brisk Walk 2 Runners: Run 3.5 <i>My miles:</i>	25 Cross Train	26 Walkers: Brisk Walk 2 Runners: Run 2.5-3 <i>My miles:</i>	27 Rest	28 Walkers: Walk 3.5 Runners: Run 4.5 <i>My miles:</i>
29 Walkers: Leisure Walk 1.5 Runners: Run/Walk 2 <i>My miles:</i>	30 Rest					

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Walkers: Brisk Walk 2 Runners: Run 4 <i>My miles:</i>	2 Cross Train	3 Walkers: Brisk Walk 2 Runners: Run 3-4 <i>My miles:</i>	4 Rest	5 Walkers: Walk 4 Runners: Run 4.5 <i>My miles:</i>
6 Walkers: Leisure Walk 1.5 Runners: Run/Walk 2 <i>My miles:</i>	7 Rest	8 Walkers: Brisk Walk 2 Runners: Run 4 <i>My miles:</i>	9 Cross Train	10 Walkers: Brisk Walk 3 Runners: Run 3.5-4 <i>My miles:</i>	11 Rest	12 Walkers: Walk 4.5 Runners: Run 5 <i>My miles:</i>
13 Walkers: Leisure Walk 1.25 Runners: Run/Walk 2 <i>My miles:</i>	14 Rest	15 Walkers: Brisk Walk 2 Runners: Run 4.5 <i>My miles:</i>	16 Cross Train	17 Walkers: Brisk Walk 2 Runners: Run 3.5-4 <i>My miles:</i>	18 Rest	19 Walkers: Walk 5 Runners: Run 5.5 <i>My miles:</i>
20 Walkers: Leisure Walk 1.25 Runners: Run/Walk 2 <i>My miles:</i>	21 Rest	22 Walkers: Brisk Walk 2.5-3 Runners: Run 4.5 <i>My miles:</i>	23 Cross Train	24 Walkers: Brisk Walk 3 Runners: Run 3.5-4 <i>My miles:</i>	25 Rest	26 Walkers: Walk 5.5 Runners: Run 6 <i>My miles:</i>
27 Walkers: Leisure Walk 1.25 Runners: Run/Walk 2.5 <i>My miles:</i>	28 Rest	29 Walkers: Brisk Walk 2.5-3.5 Runners: Run 4.5 <i>My miles:</i>	30 Rest	31 Walkers: Brisk Walk 3 Runners: Run 3.5 <i>My miles:</i>		

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cross Train	2 Walkers: Walk 3 Runners: Run 3 <i>My miles:</i>
3 Walkers: Leisure Walk 1.5 Runners: Easy Run 2 <i>My miles:</i>	4 Rest	5 Walkers: Brisk Walk 2 Runners: Run 3 <i>My miles:</i>	6 Rest	7 Walkers: Leisure Walk 1.25 Runners: Easy Run 2 <i>My miles:</i>	8 Rest Expo and Final Day for Registration Visit Astor Park from 3-8 p.m. for the Bellin Run Health & Fitness Expo, spaghetti dinner, family activities, Children's Run, race registration and packet pick-up.	9 2018 BELLIN RUN Race Day Registration is closed. Packet pick-up opens at 6:15 a.m. Race begins at 8 a.m.

BellinRun.com

- Injury Hotline
- Free Training Runs
- Training Tips & Videos
- Training Plans - 10K & other distances
- Pace Chart
- Other Training Opportunities