

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 20

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 avoid injury, run without pain 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.

920.430.4595

Monday – Thursday, 8 a.m. – 8 p.m.

Friday, 8 a.m. – 6 p.m.

Saturday, 8 a.m. – noon



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.

6.8.19

Bellin Run

TBD

Packers 5K Run

8.10.19

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

9.7.19

City Stadium Run 5K

10.5.19

Bellin Women's Half Marathon & 5K

10.12.19

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

11.28.19

Festival Foods Turkey Trot



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bellinhealth

10K

BELLIN RUN 2019

10K TRAINING GUIDE

Runners & Walkers

JUNE 8, 2019 • 8 AM

Register today at BellinRun.com

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>	25 Rest	26 Walkers: Leisure Walk 1 Runners: Run 1.5 <i>My miles:</i>	27 Cross Train	28 Walkers: Brisk Walk 1 Runners: Run 1.5 <i>My miles:</i>	29 Rest	30 Walkers: Walk 1 Runners: Run 2 <i>My miles:</i>
31 Walkers: Leisure Walk 1.25 Runners: Run/Walk 1.5-2 <i>My miles:</i>						

APRIL

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

MAY

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

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Walkers: Walk 3 Runners: Run 3 <i>My miles:</i>
2 Walkers: Leisure Walk 1.5 Runners: Easy Run 2 <i>My miles:</i>	3 Rest	4 Walkers: Brisk Walk 2 Runners: Run 3 <i>My miles:</i>	5 Rest	6 Walkers: Leisure Walk 1.25 Runners: Easy Run 2 <i>My miles:</i>	7 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.	8 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