

TRAIN TO ACHIEVE

Personal health requires goals and a plan—then working to achieve those goals. Make the Bellin Run one of those goals and then do your best by training for success using this easy-to-follow guide to help keep you on course.

FREE TRAINING RUNS

Run a Better Bellin Training Runs are free group training sessions, held for 12 weeks leading up to the Bellin Run. They are for runners and walkers, both beginners and those more experienced.

Each week, there will be a 5-10 minute informational session and warm-up, followed by a run or walk. Routes will start at 1 mile and build up to 6 miles.

When: Wednesdays at 6:30 p.m.
(12 weeks, beginning March 23)

Where: Bellin Health's Green Bay Health & Athletic Performance Center
1630 Commanche Ave., Green Bay

FREE CROSS TRAINING SESSIONS

Through a 6-week progressive class, receive instruction on proper techniques and methods of cross training to increase overall strength and endurance.

When: Mondays from 6:30-7:15 p.m.
(6 weeks, from April 11-May 16)

Where: Bellin Health Fitness Center-Bellevue
3263 Eaton Road, Green Bay

TRAINING TIPS

Warm-Up

Always include a 3-5 minute warm-up before your training to activate your muscles. This can include walking, jogging or dynamic warm-up exercises.

Interval Training

Remember, duration is more important than intensity. If you have a hard time running the recommended times/distances, try intervals of running and walking.

For example, run for 3 minutes and then walk for 1 minute. Repeat until you reach the desired time/distance. Each week, increase your run time by 1 minute. Work toward a 10-minute run with a 1-minute walk break. Then move to running without breaks.

Cool Down and Stretching

Cool down by walking and/or stretching. Post-activity stretching will help realign your muscles, improve flexibility and reduce muscle soreness. A total body stretching routine is optimal.

- Stretching should be pain free and relaxing
- Do not bounce when stretching
- Hold each stretch for 20-30 seconds
- Use of a foam roller may enhance recovery

Fluid Replacement

Rehydrate before, during and after each training session. Fluids prevent dehydration and allow the body to perform efficiently. Water is preferred.

- Drink 3-4 cups, 2-4 hours before activity
- Drink 2 cups, 1 hour before activity
- Drink during training as tolerated, and after training until satisfied
- Drink 10-12 cups daily during training

Cross Training

Incorporate cross training into your routine. Recommended cross training includes biking, rowing or weightlifting.

bellinhealth
Fitness & Athletic Performance



We're here to help you achieve your goals.

For assistance in developing a personal training plan, contact XL Athletic Performance at

(920) 430-4722

For injury consultation, call our free Bellin Run Injury Hotline at

(920) 676-1511

bellinhealth

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Be in RUN
2011
35 YEARS
bellinrun.com

10K TRAINING GUIDE

Runners & Walkers

June 11, 2011

Green Bay, WI



Register Today at **bellinrun.com**

MARCH

Walking Program

Running Program

Fill in your personal time or mileage as you go

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Walk 15 min Walk 15-30 min _____ min	28 Rest	29 Leisure Walk 15 min Run 15 min _____ min	30 Cross Train	31 Brisk Walk 15 min Run 15 min _____ min		

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rest	2 Walk 1 mile Run 2 miles _____ miles
3 Leisure Walk 20 min Walk 15-30 min _____ min	4 Rest	5 Brisk Walk 20 min Run 20 min _____ min	6 Cross Train	7 Brisk Walk 15 min Run 20 min _____ min	8 Rest	9 Walk 2 miles Run 2.5 miles _____ miles
10 Leisure Walk 20 min Walk 15-30 min _____ min	11 Rest	12 Brisk Walk 20 min Run 25 min _____ min	13 Cross Train	14 Brisk Walk 20 min Run 20-25 min _____ min	15 Rest	16 Walk 2 miles Run 3 miles _____ miles
17 Leisure Walk 20 min Walk 15-30 min _____ min	18 Rest	19 Brisk Walk 20 min Run 30 min _____ min	20 Cross Train	21 Brisk Walk 20 min Run 25-30 min _____ min	22 Rest	23 Walk 3 miles Run 3.5 miles _____ miles
24 Leisure Walk 20 min Walk 15-30 min _____ min	25 Rest	26 Brisk Walk 25 min Run 35 min _____ min	27 Cross Train	28 Brisk Walk 20-25 min Run 25-30 min _____ min	29 Rest	30 Walk 3.5 miles Run 4.5 miles _____ miles

PACE CHART	Mile Pace		Mile Pace		Mile Pace		Mile Pace		Mile Pace		Mile Pace		Mile Pace	
	10K	10K	10K	10K	10K	10K	10K	10K	10K	10K	10K	10K	10K	
4:50	30:02	6:20	39:21	8:00	49:43	9:40	1:00:02	11:20	1:10:25	13:00	1:20:47	14:40	1:31:08	
4:55	30:33	6:30	40:23	8:10	50:45	9:50	1:01:04	11:30	1:11:27	13:10	1:21:49	14:50	1:32:10	
5:00	31:04	6:40	41:25	8:20	51:47	10:00	1:02:08	11:40	1:12:30	13:20	1:22:51	15:00	1:33:12	
5:10	32:06	6:50	42:28	8:30	52:49	10:10	1:03:10	11:50	1:13:32	13:30	1:23:53	15:10	1:34:14	
5:20	33:08	7:00	43:30	8:40	53:51	10:20	1:04:13	12:00	1:14:34	13:40	1:24:55	15:20	1:35:17	
5:30	34:11	7:10	44:32	8:50	54:53	10:30	1:05:15	12:10	1:15:36	13:50	1:25:57	15:30	1:36:19	
5:40	35:13	7:20	45:34	9:00	55:55	10:40	1:06:17	12:20	1:16:38	14:00	1:27:00	15:40	1:37:21	
5:50	36:15	7:30	46:36	9:10	56:56	10:50	1:07:19	12:30	1:17:40	14:10	1:28:02	15:50	1:38:23	
6:00	37:17	7:40	47:38	9:20	57:58	11:00	1:08:21	12:40	1:18:42	14:20	1:29:04			
6:10	38:19	7:50	48:40	9:30	59:00	11:10	1:09:23	12:50	1:19:45	14:30	1:30:06			

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Leisure Walk 20 min Walk 15-30 min _____ min	2 Rest	3 Brisk Walk 25 min Run 40 min _____ min	4 Cross Train	5 Brisk Walk 25 min Run 30-40 min _____ min	6 Rest	7 Walk 4 miles Run 4.5 miles _____ miles
8 Leisure Walk 20 min Walk 15-30 min _____ min	9 Rest	10 Brisk Walk 30 min Run 40 min _____ min	11 Cross Train	12 Brisk Walk 20-30 min Run 35-40 min _____ min	13 Rest	14 Walk 4.5 miles Run 5 miles _____ miles
15 Leisure Walk 20 min Walk 15-30 min _____ min	16 Rest	17 Brisk Walk 30 min Run 45 min _____ min	18 Cross Train	19 Brisk Walk 30 min Run 35-40 min _____ min	20 Rest	21 Walk 5 miles Run 5.5 miles _____ miles
22 Leisure Walk 20 min Walk 15-30 min _____ min	23 Rest	24 Brisk Walk 25-35 min Run 45 min _____ min	25 Cross Train	26 Brisk Walk 25-35 min Run 35-45 min _____ min	27 Rest	28 Walk 5.5 miles Run 6 miles _____ miles
29 Leisure Walk 20 min Walk 15-30 min _____ min	30 Rest	31 Brisk Walk 30-35 min Run 45 min _____ min				

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rest	2 Brisk Walk 30-35 min Run 30-45 min _____ min	3 Cross Train	4 Walk 3 miles Run 3 miles _____ miles
5 Leisure Walk 20 min Easy Run 20 min _____ min	6 Rest	7 Brisk Walk 30 min Run 30 min _____ min	8 Rest	9 Leisure Walk 20 min Easy Run 20 min _____ min	10 Rest	11 Bellin Run 8 a.m.



June 10
Visit Astor Park from 3-8 p.m., location for the Bellin Run Health & Fitness Expo, spaghetti dinner, family activities, Children's Run, race packet pick-up and registration.
This is the final day for registration.

June 11
Registration is closed.
Packet pick-up opens at 6:15 a.m.
Race begins at 8 a.m.