

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 our easy-to-follow training guide and find support and our weekly free training sessions for runners and walkers.

Training videos, tips, a complete guide to weekly training sessions and other resources are available at bellinrun.com/training.

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 – 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.

LIFESTYLE MEDICINE

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones. The lifestyle medicine approach centers around six core pillars: nutrition, fitness, stress management, avoiding risky substances, sleep health and healthy relationships.

Learn more at bellin.org/lifestyle-medicine.



ttwraceseries.com

TITLETOWN WELLNESS RACE SERIES

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

April 30, 2022

Bellin 5K Heart Run

June 11, 2022

Bellin Run

Date TBD

Packers 5K Run

August 13, 2022

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

TBD

City Stadium Run 5K

October 1, 2022

Bellin Women's Half Marathon & 5K

October 8, 2022

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

November 24, 2022

Festival Foods Turkey Trot

For more information, please visit ttwraceseries.com

bellinhealth

REGISTER TODAY
BELLINRUN.COM

MIND OVER MILES

BELLIN RUN 10K 2022

10K TRAINING GUIDE RUNNERS & WALKERS

MARCH

Training Distance is in Miles

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

APRIL

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

MAY

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

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Walkers: Leisure Walk 1.5 Runners: Easy Run 2 <i>My miles:</i>	6 Rest	7 Walkers: Brisk Walk 2 Runners: Run 3 <i>My miles:</i>	8 Rest	9 Walkers: Leisure Walk 1.25 Runners: Easy Run 2 <i>My miles:</i>	10 Rest	11 Race Day Registration is closed.
			1 Rest	2 Walkers: Brisk Walk 3 Runners: Run 3.5 <i>My miles:</i>	3 Cross Train	4 Walkers: Walk 3 Runners: Run 3 <i>My miles:</i>

BellinRun.com

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