

## 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 through 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](http://bellinrun.com/training).

## FREE WALK-IN INJURY ASSESSMENT

When an injury gets in the way of what you love to do, Bellin Health 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 Sports Medicine & Orthopedics

1970 S. Ridge Road, Green Bay

920.430.4888



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

## THE RESOURCE FOR RUNNERS

Bellin Fitness provides a supportive team to help you meet your goals. Our two 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](http://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](mailto: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](http://bellin.org/lifestyle-medicine).

## TRAINING GUIDE RUNNERS & WALKERS



## TITLETOWN WELLNESS RACE SERIES

APRIL 29, 2023

Bellin 5K Heart Run

MAY 29, 2023

Operation Guardian Angel 5K/10K

JUNE 10, 2023

Bellin Run 10K & 5K

DATE TBD

Packers 5K Run

AUGUST 12, 2023

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

OCTOBER 7, 2023

Bellin Women's Half Marathon & 5K

OCTOBER 15, 2023

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

NOVEMBER 23, 2023

Festival Foods Turkey Trot

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

For more information, please visit [ttwrcaseseries.com](http://ttwrcaseseries.com)

**bellinhealth**

REGISTER TODAY • [BELLINRUN.COM](http://BELLINRUN.COM)

**BELLIN**  
10K • 5K  
'23



Training Log - 2023					
Month		Week		Day	
Month	Week	Day	Distance	Activity	Notes
MARCH	Week 1	1	Rest	0.0	Training Distance is in Miles
		2	0.5	Walk 0.5	10K Walkers
		3	1.25	Run/Walk 0.75	10K Runners
		4	1.5	Run/Walk 1	5K Walkers/Runners
	Week 2	5	2.25	Cross Train	Training Distance is in Miles
		6	1.25	Brisk Walk 1	10K Walkers
		7	1.25	Run 2	10K Runners
		8	1.25	Walk 1	5K Walkers/Runners
APRIL	Week 1	9	0.5	Walk 0.5	Training Distance is in Miles
		10	1.25	Run/Walk 0.75	10K Walkers
		11	1.25	Run/Walk 1	10K Runners
		12	2.25	Cross Train	5K Walkers/Runners
	Week 2	13	1.25	Brisk Walk 1.5	Training Distance is in Miles
		14	1.25	Run 2.25	10K Walkers
		15	1.25	Walk 1.5	10K Runners
		16	1.25	Run/Walk 1.5	5K Walkers/Runners
MAY	Week 1	17	1.25	Run/Walk 1.5	Training Distance is in Miles
		18	1.25	Brisk Walk 1.5	10K Walkers
		19	1.25	Run 2.25	10K Runners
		20	1.25	Walk 1.5	5K Walkers/Runners
	Week 2	21	1.25	Run/Walk 1.5	Training Distance is in Miles
		22	1.25	Brisk Walk 1.5	10K Walkers
		23	1.25	Run 3.5	10K Runners
		24	1.25	Walk 1.5	5K Walkers/Runners
JUNE	Week 1	25	1.25	Run/Walk 1.5	Training Distance is in Miles
		26	1.25	Brisk Walk 2	10K Walkers
		27	1.25	Run 3.5	10K Runners
		28	1.25	Walk 2	5K Walkers/Runners
	Week 2	29	1.25	Run/Walk 2	Training Distance is in Miles
		30	1.25	Brisk Walk 2.5-3	10K Walkers
		31	1.25	Run 4.5	10K Runners
		1	1.25	Walk 2.5	5K Walkers/Runners
JULY	Week 1	2	1.25	Run/Walk 2.5	Training Distance is in Miles
		3	1.25	Brisk Walk 3	10K Walkers
		4	1.25	Run 3.5	10K Runners
		5	1.25	Walk 3	5K Walkers/Runners
	Week 2	6	1.25	Run/Walk 2.5	Training Distance is in Miles
		7	1.25	Brisk Walk 3	10K Walkers
		8	1.25	Run 3.5	10K Runners
		9	1.25	Walk 3	5K Walkers/Runners