

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.

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.

Due to government regulations, we can no longer perform free assessments for Medicare, Medicare Advantage, Medicaid and TriCare holders.

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 - 5K & 10K 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.

Running 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.



TITLETOWN WELLNESS RACE SERIES

MARCH 23, 2024

Dick Lytie Classic (all races)

APRIL 27, 2024

Bellin 5K Heart Run

MAY 27, 2024

Operation Guardian Angel 5K/10K

JUNE 8, 2024

Bellin Run 10K & 5K

DATE TBD

Packers 5K Run

AUGUST 10, 2024

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

AUGUST 17, 2024

Mike Ariens 5K & 10K Run/Walk

OCTOBER 5, 2024

Bellin Women's Half Marathon & 5K

OCTOBER 19, 2024

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

NOVEMBER 28, 2024

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 twraceseries.com

bellinhealth



**TRAINING GUIDE
RUNNERS & WALKERS**



Register Today • BellinRun.com

SUN

MON

TUE

WED

THU

FRI

SAT

MARCH

24
My miles:
Walk 1
Walk 1.5-2
Walk 0.5

31
My miles:
Leisure Walk 1.25
Run/Walk 1.5-2
Run/Walk 0.75

APRIL

7
My miles:
Leisure Walk 1.25
Run/Walk 1.5-2
Run/Walk 0.75

14
My miles:
Leisure Walk 1.5
Run/Walk 2
Run/Walk 1

21
My miles:
Leisure Walk 1.5
Run/Walk 2
Run/Walk 1

28
My miles:
Leisure Walk 1.5
Run/Walk 2
Run/Walk 1.5

25
Rest

26
My miles:
Leisure Walk 1
Run 1.5
Run 0.5

27
Cross Train

28
My miles:
Brisk Walk 1
Run 1.5
Walk 0.5

29
Rest

30
My miles:
Walk 1
Run 2
Walk 1

1
Rest

2
My miles:
Brisk Walk 1.25
Run 2
Run/Walk 1

3
Cross Train

4
My miles:
Brisk Walk 1
Run 2
Run/Walk 1

5
Rest

6
My miles:
Walk 2
Run 2.5
Run/Walk 1.5

8
Rest

9
My miles:
Brisk Walk 1.5
Run 2.5
Run/Walk 1

10
Cross Train

11
My miles:
Brisk Walk 1.5
Run 2-2.5
Run/Walk 1.5

12
Rest

13
My miles:
Walk 2
Run 3
Run/Walk 1.5

15
Rest

16
My miles:
Brisk Walk 1.5
Run 3
Run/Walk 1.5

17
Cross Train

18
My miles:
Brisk Walk 1.5
Run 2.5-3
Run/Walk 1.5

19
Rest

20
My miles:
Walk 3
Run 3.5
Run/Walk 2

22
Rest

23
My miles:
Brisk Walk 2
Run 3.5
Run/Walk 1.5

24
Cross Train

25
My miles:
Brisk Walk 2
Run 2.5-3
Run/Walk 1.5

26
Rest

27
My miles:
Walk 3.5
Run 4.5
Run 2

29
Rest

30
My miles:
Brisk Walk 2
Run 4
Run 2

MAY

6
Rest

7
My miles:
Brisk Walk 2
Run 4
Run 2

8
Cross Train

9
My miles:
Brisk Walk 3
Run 3.5-4
Run/Walk 2

10
Rest

11
My miles:
Walk 4.5
Run 5
Run 2.5

13
Rest

14
My miles:
Brisk Walk 2
Run 4.5
Run 2

15
Cross Train

16
My miles:
Brisk Walk 2
Run 3.5-4
Run/Walk 2

17
Rest

18
My miles:
Walk 5
Run 5.5
Run 3

20
Rest

21
My miles:
Brisk Walk 2.5-3
Run 4.5
Run 2.5

22
Cross Train

23
My miles:
Brisk Walk 3
Runners: Run 3.5-4
Run/Walk 2.5

24
Rest

25
My miles:
Walk 5.5
Runners: Run 6
Run 3.5

27
Rest

28
My miles:
Brisk Walk 2.5-3.5
Run 4.5
Run 2.5

29
Rest

30
My miles:
Brisk Walk 3
Run 3.5
Run/Walk 2.5

31
Cross Train

3
Rest

4
My miles:
Brisk Walk 2
Run 3
Run 1.5

5
Rest

6
My miles:
Leisure Walk 1.25
Easy Run 2
Run/Walk 1

7
Rest

8
My miles:
Walk 3
Run 3
Run 3

JUNE

2
My miles:
Leisure Walk 1.5
Easy Run 2
Run/Walk 1

3
Rest

4
My miles:
Brisk Walk 2
Run 3
Run 1.5

5
Rest

6
My miles:
Leisure Walk 1.25
Easy Run 2
Run/Walk 1

7
Rest

8
RACE DAY
Registration is closed.

10K Walkers
10K Runners
5K Walkers/Runners
Training Distance is in Miles