

## 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](http://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 extended each week.

Program starts March 22

Wednesdays at 6 pm

Bellin Health Ashwaubenon  
1630 Commanche Ave., Green Bay  
(near Austin Straubel Airport)

## TITLETOWN WELLNESS RACE SERIES

[ttwaceseries.com](http://ttwaceseries.com)

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

**6.10.17**  
Bellin Run

**TBD**  
Packers 5K Run

**8.12.17**  
Shanty Days 5K Run/Walk  
(Algoma, Wis.)

**9.9.17**  
City Stadium Run 5K

**10.7.17**  
Bellin Women's Half  
Marathon

**10.14.17**  
Run For the Hill of It  
5K Trail Run/Walk

**11.23.17**  
Festival Foods Turkey Trot

## 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](http://bellinfitness.com).

Bellin's running experts specialize in assisting walkers and runners, including:

- Injury prevention
- Nutrition
- Body movement and functionality
- Orthotics
- Running/walking progressions
- Cross training

## VIDEO ASSESSMENT

The Bellin Health Movement Performance Lab provides high-tech analysis for athletes and active people. The Movement Performance Lab uses the most advanced motion capture video software available to evaluate your running mechanics – helping you to run without pain, avoid injury and improve your performance.

Contact running expert Nate Vandervest at [Nathan.Vandervest@bellin.org](mailto: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.

Mon.-Sat. | 8 am-8 pm | 920.430.4595

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**bellinhealth**  
Bellin Health Systems, Inc.  
744 S. Webster Ave.  
P.O. Box 23400  
Green Bay, WI 54305-3400



## 10K TRAINING GUIDE

Runners & Walkers  
June 10, 2017 • 8 am

Register today at  
[BellinRun.com](http://BellinRun.com)

# MARCH

Training Distance is in Miles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b> Walkers: Walk 1 Runners: Walk 1.5-2  <i>My miles:</i>	<b>27</b> Rest	<b>28</b> Walkers: Leisure Walk 1 Runners: Run 1.5  <i>My miles:</i>	<b>29</b> Cross Train	<b>30</b> Walkers: Brisk Walk 1 Runners: Run 1.5  <i>My miles:</i>	<b>31</b> Rest	

# APRIL

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

# MAY

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

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Walkers: Brisk Walk 3 Runners: Run 3.5  <i>My miles:</i>	<b>2</b> Cross Train	<b>3</b> Walkers: Walk 3 Runners: Run 3  <i>My miles:</i>
<b>4</b> Walkers: Leisure Walk 1.5 Runners: Easy Run 2  <i>My miles:</i>	<b>5</b> Rest	<b>6</b> Walkers: Brisk Walk 2 Runners: Run 3  <i>My miles:</i>	<b>7</b> Rest	<b>8</b> Walkers: Leisure Walk 1.25 Runners: Easy Run 2  <i>My miles:</i>	<b>9</b> 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 packet pick-up and registration.	<b>10</b>  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