

## TRAIN TO ACHIEVE

Experts from the Bellin Running Crew at Bellin Fitness 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 also available at [bellinrun.com/training](http://bellinrun.com/training).

## FREE TRAINING RUNS & WALKS Runners and Walkers

Enjoy the energy and support of a group run. 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.

**WHEN** Program starts March 25  
Wednesdays at 6 p.m.

**WHERE** Bellin Health  
Green Bay Health & Athletic  
Performance Center  
1630 Commanche Ave., Green Bay  
(near Austin Straubel Airport)

### Walkers Only

Walking is a great way to be active. This program is exclusively for walkers to get started or continue an exercise regiment. The training sessions feature a fun and supportive environment with fitness experts providing information on pace, proper shoes, strength training, stretching and nutrition.

**WHEN** Program starts March 25  
Wednesdays at 6 p.m.

**WHERE** Bellin Health  
Family Medical & Wellness Center  
3263 Eaton Road, Bellevue  
(near Bellin College)

## 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, personal training, and weight management and nutrition services.

Get more information at [bellinfitness.com](http://bellinfitness.com).

## Bellin RUNNING CREW

The Bellin Running Crew at Bellin Fitness specializes in assisting walkers and runners, including:

- Injury prevention
- Nutrition
- Body movement and functionality
- Gait analysis and orthotics
- Running/walking progressions
- Cross training

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

**7 DAYS A WEEK  
8 AM-8 PM  
(920) 430-4595**

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



# 10K Training Guide

Runners & Walkers  
June 13, 2015  
8 a.m.

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



# MARCH

Training Distance is in Miles

| SUNDAY   | MONDAY            | TUESDAY   | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------|---|-----------|----------|--------|----------|
| <b>29</b><br>Walkers: Walk 1<br>Runners: Walk 1.5-2<br>My miles: | <b>30</b><br>Rest | <b>31</b><br>Walkers: Leisure Walk 1<br>Runners: Run 1.5<br>My miles: |           |          |        |          |


# APRIL

| SUNDAY  | MONDAY            | TUESDAY   | WEDNESDAY                | THURSDAY  | FRIDAY            | SATURDAY  |
|---|-------------------|---|--------------------------|---|-------------------|---|
|   |                   |   | <b>1</b><br>Cross Train  | <b>2</b><br>Walkers: Brisk Walk 1<br>Runners: Run 1.5<br>My miles:      | <b>3</b><br>Rest  | <b>4</b><br>Walkers: Walk 1<br>Runners: Run 2<br>My miles:    |
| <b>5</b><br>Walkers: Leisure Walk 1.25<br>Runners: Run/Walk 1.5-2<br>My miles:  | <b>6</b><br>Rest  | <b>7</b><br>Walkers: Brisk Walk 1.25<br>Runners: Run 2<br>My miles:   | <b>8</b><br>Cross Train  | <b>9</b><br>Walkers: Brisk Walk 1<br>Runners: Run 2<br>My miles:        | <b>10</b><br>Rest | <b>11</b><br>Walkers: Walk 2<br>Runners: Run 2.5<br>My miles: |
| <b>12</b><br>Walkers: Leisure Walk 1.25<br>Runners: Run/Walk 1.5-2<br>My miles: | <b>13</b><br>Rest | <b>14</b><br>Walkers: Brisk Walk 1.5<br>Runners: Run 2.5<br>My miles: | <b>15</b><br>Cross Train | <b>16</b><br>Walkers: Brisk Walk 1.5<br>Runners: Run 2-2.5<br>My miles: | <b>17</b><br>Rest | <b>18</b><br>Walkers: Walk 2<br>Runners: Run 3<br>My miles:   |
| <b>19</b><br>Walkers: Leisure Walk 1.5<br>Runners: Run/Walk 2<br>My miles:      | <b>20</b><br>Rest | <b>21</b><br>Walkers: Brisk Walk 1.5<br>Runners: Run 3<br>My miles:   | <b>22</b><br>Cross Train | <b>23</b><br>Walkers: Brisk Walk 1.5<br>Runners: Run 2.5-3<br>My miles: | <b>24</b><br>Rest | <b>25</b><br>Walkers: Walk 3<br>Runners: Run 3.5<br>My miles: |
| <b>26</b><br>Walkers: Leisure Walk 1.5<br>Runners: Run/Walk 2<br>My miles:      | <b>27</b><br>Rest | <b>28</b><br>Walkers: Brisk Walk 2<br>Runners: Run 3.5<br>My miles:   | <b>29</b><br>Cross Train | <b>30</b><br>Walkers: Brisk Walk 2<br>Runners: Run 2.5-3<br>My miles:   |                   |   |







# MAY

| SUNDAY  | MONDAY            | TUESDAY   | WEDNESDAY                | THURSDAY  | FRIDAY            | SATURDAY   |
|---|-------------------|---|--------------------------|---|-------------------|--|
|   |                   |   |                          |   | <b>1</b><br>Rest  | <b>2</b><br>Walkers: Walk 3.5<br>Runners: Run 4.5<br>My miles: |
| <b>3</b><br>Walkers: Leisure Walk 1.5<br>Runners: Run/Walk 2<br>My miles:     | <b>4</b><br>Rest  | <b>5</b><br>Walkers: Brisk Walk 2<br>Runners: Run 4<br>My miles:        | <b>6</b><br>Cross Train  | <b>7</b><br>Walkers: Brisk Walk 2<br>Runners: Run 3-4<br>My miles:    | <b>8</b><br>Rest  | <b>9</b><br>Walkers: Walk 4<br>Runners: Run 4.5<br>My miles:   |
| <b>10</b><br>Walkers: Leisure Walk 1.5<br>Runners: Run/Walk 2<br>My miles:    | <b>11</b><br>Rest | <b>12</b><br>Walkers: Brisk Walk 2<br>Runners: Run 4<br>My miles:       | <b>13</b><br>Cross Train | <b>14</b><br>Walkers: Brisk Walk 3<br>Runners: Run 3.5-4<br>My miles: | <b>15</b><br>Rest | <b>16</b><br>Walkers: Walk 4.5<br>Runners: Run 5<br>My miles:  |
| <b>17</b><br>Walkers: Leisure Walk 1.25<br>Runners: Run/Walk 2<br>My miles:   | <b>18</b><br>Rest | <b>19</b><br>Walkers: Brisk Walk 2<br>Runners: Run 4.5<br>My miles:     | <b>20</b><br>Cross Train | <b>21</b><br>Walkers: Brisk Walk 2<br>Runners: Run 3.5-4<br>My miles: | <b>22</b><br>Rest | <b>23</b><br>Walkers: Walk 5<br>Runners: Run 5.5<br>My miles:  |
| <b>24</b><br>Walkers: Leisure Walk 1.25<br>Runners: Run/Walk 2<br>My miles:   | <b>25</b><br>Rest | <b>26</b><br>Walkers: Brisk Walk 2.5-3<br>Runners: Run 4.5<br>My miles: | <b>27</b><br>Cross Train | <b>28</b><br>Walkers: Brisk Walk 3<br>Runners: Run 3.5-4<br>My miles: | <b>29</b><br>Rest | <b>30</b><br>Walkers: Walk 5.5<br>Runners: Run 6<br>My miles:  |
| <b>31</b><br>Walkers: Leisure Walk 1.25<br>Runners: Run/Walk 2.5<br>My miles: |                   |   |                          |   |                   |  |

# JUNE

| SUNDAY  | MONDAY           | TUESDAY  | WEDNESDAY         | THURSDAY  | FRIDAY  | SATURDAY   |
|---|------------------|--|-------------------|---|---|--|
|   | <b>1</b><br>Rest | <b>2</b><br>Walkers: Brisk Walk 2.5-3.5<br>Runners: Run 4.5<br>My miles: | <b>3</b><br>Rest  | <b>4</b><br>Walkers: Brisk Walk 3<br>Runners: Run 3.5<br>My miles:          | <b>5</b><br>Cross Train   | <b>6</b><br>Walkers: Walk 3<br>Runners: Run 3<br>My miles:   |
| <b>7</b><br>Walkers: Leisure Walk 1.5<br>Runners: Easy Run 2<br>My miles: | <b>8</b><br>Rest | <b>9</b><br>Walkers: Brisk Walk 2<br>Runners: Run 3<br>My miles:         | <b>10</b><br>Rest | <b>11</b><br>Walkers: Leisure Walk 1.25<br>Runners: Easy Run 2<br>My miles: | <b>12</b><br>Rest<br><b>Expo and Final Day for Registration</b> | <b>13</b><br> |

## BELLINRUN.COM

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

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.

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