

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. – 5 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

Our strength and conditioning staff is here to serve all of your running needs. We have plenty of options, from strength training to flexibility training, along with our running-specific services like our high-tech running assessment and personalized running plans. Get more information at bellin.org/services/sports-medicine/strength-conditioning.

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 22, 2025

Dick Lytie Classic (all races)

MAY 3, 2025

Bellin Marinette Heart Run 5K

MAY 26, 2025

Operation Guardian Angel 5K/10K

JUNE 14, 2025

Bellin Run 10K & 5K

DATE TBD

Packers 5K Run

AUGUST 9, 2025

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

OCTOBER 4, 2025

Bellin Women's Half Marathon & 5K

OCTOBER 18, 2025

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

NOVEMBER 27, 2025

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 ttwaceseries.com



TRAINING GUIDE RUNNERS & WALKERS



Register Today • BellinRun.com

SUN

MON

TUE

WED

THU

FRI

SAT

March

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

31 Rest

April

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

7 Rest

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

14 Rest

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

21 Rest

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

28 Rest

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

5 Rest

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

12 Rest

18 My miles:
Leisure Walk 1.25
Run/Walk 2
Run/Walk 2

19 Rest

25 My miles:
Leisure Walk 1.25
Run/Walk 2
Run/Walk 2

26 Rest

June

1 My miles:
Leisure Walk 1.25
Run/Walk 2.5
Run/Walk 2

2 Rest

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

9 Rest

1 My miles:
Leisure Walk 1
Run 1.5
Run 0.5

2 Cross Train

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

9 Cross Train

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

16 Cross Train

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

23 Cross Train

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

30 Cross Train

May

6 My miles:
Brisk Walk 2
Run 4
Run 2

7 Cross Train

13 My miles:
Brisk Walk 2
Run 4
Run 2

14 Cross Train

20 My miles:
Brisk Walk 2
Run 4.5
Run 2

21 Cross Train

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

28 Cross Train

3 My miles:
Brisk Walk 1
Run 1.5
Walk 0.5

4 Rest

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

11 Rest

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

18 Rest

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

25 Rest

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

2 Rest

8 My miles:
Brisk Walk 2
Run 3-4
Run/Walk 2

9 Rest

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

16 Rest

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

23 Rest

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

30 Rest

5 My miles:
Walk 1
Run 2
Walk 1

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

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

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

3 My miles:
Walk 3.5
Run 4.5
Run 2

10 My miles:
Walk 4
Run 4.5
Run 2.5

17 My miles:
Walk 4.5
Run 5
Run 2.5

24 My miles:
Walk 5
Run 5.5
Run 3

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

7 My miles:
Walk 3
Run 3
Run 3

13 Rest

14 **RACE DAY**
Registration is closed.

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