

## 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. Download our free training app and keep your training plan at your fingertips.

Training videos, tips, information on our training app and other resources are available at [bellinrun.com/training](http://bellinrun.com/training).

## TRAINING

For up-to-date information on Training Runs & Walks, visit our website, [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 Tiletown 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 Tiletown  
Sports Medicine & Orthopedics  
1970 S. Ridge Road, Green Bay  
920.430.4888

## 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).

## 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.

## 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.

### 920.430.4595

Monday – Thursday, 8 a.m. – 8 p.m.

Friday, 8 a.m. – 6 p.m.

Saturday, 8 a.m. – noon



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

## TITLETOWN WELLNESS 2021 SHORELINE CHALLENGE

The Tiletown Wellness 2021 Shoreline Challenge will provide motivation for runners and walkers to stay active throughout the summer and fall. Registration will open June 1 and the challenge will run from June 12 through Thanksgiving.

[bellinhealth](http://bellinhealth)

# 10K TRAINING GUIDE

Runners & Walkers



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

45 YEARS RUNNING

# MARCH

Training Distance is in Miles

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

# APRIL

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

# MAY

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

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6</b> Walkers: Leisure Walk 1.5 Runners: Easy Run 2 <i>My miles:</i>	<b>7</b> Rest	<b>8</b> Walkers: Brisk Walk 2 Runners: Run 3 <i>My miles:</i>	<b>9</b> Rest	<b>10</b> Walkers: Leisure Walk 1.25 Runners: Easy Run 2 <i>My miles:</i>	<b>11</b> Rest	<b>12</b> Race Day Registration is closed.
		<b>1</b> Walkers: Brisk Walk 2.5-3.5 Runners: Run 4.5 <i>My miles:</i>	<b>2</b> Rest	<b>3</b> Walkers: Brisk Walk 3 Runners: Run 3.5 <i>My miles:</i>	<b>4</b> Cross Train	<b>5</b> Walkers: Walk 3 Runners: Run 3 <i>My miles:</i>

**BellinRun.com**

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