

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

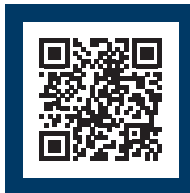
When an injury gets in the way of what you love to do, Emplify Health by Bellin can help. We offer free sports injury and orthopedic assessments with our team of licensed athletic trainers, without an appointment, so you can begin your comeback. You'll get the answers you need and be directed to the 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
Emplify Health by Bellin
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 Emplify Health by Bellin 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@emplifyhealth.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 21, 2026
Dick Lytie Classic (all races)

APRIL 25, 2026
Bellin Marinette Heart Run 5K

MAY 25, 2026
Operation Guardian Angel 5K/10K

JUNE 13, 2026
Bellin Run 10K & 5K

DATE TBD
Packers 5K Run

AUGUST 15, 2026
Shanty Days 5K Run/Walk (in Algoma, Wis.)

OCTOBER 3, 2026
Bellin Women's Half Marathon & 5K

OCTOBER 17, 2026
Run For the Hill of It 5K Trail Run/Walk

NOVEMBER 26, 2026
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



TRAINING GUIDE Runners & Walkers

50
EST. 1977
BELLIN RUN
5 & 10K

REGISTER TODAY • BELLINRUN.COM



SUN

MON

TUE

WED

THU

FRI

SAT

March

29

My miles:
Walk 1
Walk 1.5-2
Walk 0.5

30

Rest

31

My miles:
Leisure Walk 1
Run 1.5
Run 0.5

April

5

My miles:

Leisure Walk 1.25
Run/Walk 1.5-2
Run/Walk 0.75

6

Rest

7

My miles:

Brisk Walk 1.25
Run 2
Run/Walk 1

8

Cross Train

9

My miles:

Brisk Walk 1
Run 2
Run/Walk 1

10

Rest

11

My miles:

Walk 2
Run 2.5
Run/Walk 1.5

12

My miles:

Leisure Walk 1.25
Run/Walk 1.5-2
Run/Walk 0.75

13

Rest

14

My miles:

Brisk Walk 1.5
Run 2.5
Run/Walk 1

15

Cross Train

16

My miles:

Brisk Walk 1.5
Run 2.2-5
Run/Walk 1.5

17

Rest

18

My miles:

Walk 2
Run 3
Run/Walk 1.5

19

My miles:

Leisure Walk 1.5
Run/Walk 2
Run/Walk 1

20

Rest

21

My miles:

Brisk Walk 1.5
Run 3
Run/Walk 1.5

22

Cross Train

23

My miles:

Brisk Walk 1.5
Run 2.5-3
Run/Walk 1.5

24

Rest

25

My miles:

Walk 3
Run 3.5
Run/Walk 2

26

My miles:

Leisure Walk 1.5
Run/Walk 2
Run/Walk 1

27

Rest

28

My miles:

Brisk Walk 2
Run 3.5
Run/Walk 1.5

29

Cross Train

30

My miles:

Brisk Walk 2
Run 2.5-3
Run/Walk 1.5

31

Rest

May

3

My miles:

Leisure Walk 1.5
Run/Walk 2
Run/Walk 1.5

4

Rest

5

My miles:

Brisk Walk 2
Run 4
Run 2

6

Cross Train

7

My miles:

Brisk Walk 2
Run 3-4
Run/Walk 2

8

Rest

9

My miles:

Walk 4
Run 4.5
Run 2.5

10

My miles:

Leisure Walk 1.5
Run/Walk 2
Run/Walk 1.5

11

Rest

12

My miles:

Brisk Walk 2
Run 4
Run 2

13

Cross Train

14

My miles:

Brisk Walk 3
Run 3.5-4
Run/Walk 2

15

Rest

16

My miles:

Walk 4.5
Run 5
Run 2.5

17

My miles:

Leisure Walk 1.25
Run/Walk 2
Run/Walk 2

18

Rest

19

My miles:

Brisk Walk 2
Run 4.5
Run 2

20

Cross Train

21

My miles:

Brisk Walk 2
Run 3.5-4
Run/Walk 2

22

Rest

23

My miles:

Walk 5
Run 5.5
Run 3

24

My miles:

Leisure Walk 1.25
Run/Walk 2
Run/Walk 2

25

Rest

26

My miles:

Brisk Walk 2.5-3
Run 4.5
Run 2.5

27

Cross Train

28

My miles:

Brisk Walk 3
Runners: Run 3.5-4
Run/Walk 2.5

29

Rest

30

My miles:

Walk 5.5
Runners: Run 6
Run 3.5

31

My miles:

Leisure Walk 1.25
Run/Walk 2.5
Run/Walk 2

June

7

My miles:

Leisure Walk 1.5
Easy Run 2
Run/Walk 1

8

Rest

9

My miles:

Brisk Walk 2
Run 3
Run 1.5

10

Rest

11

My miles:

Leisure Walk 1.25
Easy Run 2
Run/Walk 1

12

Rest

13

My miles:

Walk 3
Run 3
Run 3

RACE DAY

Registration is closed.

6

My miles:

Walk 3
Run 3
Run 3

5

Cross Train

4

My miles:

Brisk Walk 3
Run 3.5
Run/Walk 2.5

3

Rest

2

My miles:

Brisk Walk 2.5-3.5
Run 4.5
Run 2.5

3

Rest

1

Rest

1

Rest