



Bellin

RUNNING CREW



Healthcare Partner of
The Green Bay Packers



xlplaylarge.com
XL Athletic Performance
1630 Commanche Avenue
Green Bay, WI 54313

bellinhealth

Fitness & Athletic Performance

Providing a **year-round comprehensive Running Training Program** that has a **team approach** with a **medical focus** to individuals interested in running...from **beginners to veterans**.

BENEFITS

- Teach and coach runners on how to train properly through providing scientific facts and sorting through the hype and fads of running.
- Provide connected personal experience for all services needed for the running athlete in one Bellin location.
- Greatly reduce and even avoid the risk of chronic injuries by focusing on proper warm-up and flexibility.
- Ensuring you get on the right track whether you are a new runner who is at a higher risk for joint dysfunction because of detraining or one who is in good health and taking a proactive approach to your health.
- Teach runners how to reach their performance potential by addressing muscular imbalances and proper training practices.

PROGRAMS

FREE

Weekly Group Runs on Wednesdays. Open to the public, free for all to attend. *(see calendar)*

Monthly Educational Topic & Run on every third Saturday of the month. Open to the public, free for all to attend, different topics presented by the Bellin Running Crew. *(see calendar)*

- **Quarterly Clinics** on various topics ranging from 5K marathon training, corrective exercise, nutrition for runners, etc.
- **Running Assessment** – Videotaped assessment of your running mechanics allowing us to recommend appropriate exercise, shoe wear, and if more in depth treatment is needed.

- **On-going Annual Program** - Runners Injury Prevention and Performance bi-weekly class.
- **Team Training** – A discounted training opportunity for “teams” of 5-15 people helping you prepare for an upcoming season or event.

Did you know...

Bellin Health hosts one of the top 10 largest 10K in the country at 18,000+ participants.

Endurance running is a growing sport throughout the nation. Wisconsin hosts a large number of endurance races throughout the year.

The Bellin Run promotes positive change and provides participants the opportunity to improve their lives. Through connecting with a medical fitness program we can encourage and support them on a year round basis.

SERVICES

Nutrition

Find out great nutritional tips for athletes from our certified sports and wellness nutritionist, and learn how to store energy to be competitive, achieve and maintain a healthy weight, recover quickly from intense exercise and much more.

Personalized Running Program

A personalized training program specific to race distance and goal finish time. *(see insert)*

Strength, Flexibility, & Core

Learn how to enhance your flexibility, through dynamic warm up and static stretching techniques, improve your balance, core stability, and overall strength for injury prevention through classes, personal training and workshops.

Movement Chain Assessment

A Movement Chain Assessment is an essential component to achieving the results you want. This is an in-depth assessment of your body's biomechanics to determine what your body's strengths, weaknesses, and instabilities are.

Physical Therapy/Injury Assessment

Physical therapy provides a biomechanical evaluation of your gait and running mechanics, including videotaped assessment of your mechanics that allows us to focus on optimizing your running mechanics. Faulty movement patterns often become apparent while running and are easily identified on videotape, allowing us to design a rehabilitation program to specifically identify your areas for improvement, make proper shoe wear recommendations based on foot type, and at times recommend and fabricate orthotic support. When pain is an issue, manual therapy, physical modalities and condition specific stretching and strengthening programs are provided.

Physician Services

We can get you connected with our staff of expert orthopedic specialists who are willing to assist with your surgery and recovery needs.

RUNNERS/WALKERS INJURY PREVENTION & PERFORMANCE

Running a marathon, Bellin Run or any other road races this year? Want to become faster, stronger, and less injury prone? If so, this is the class for you.

Program Description: The Runners/Walkers Injury Prevention and Performance class is a comprehensive training program for active individuals. This class is geared towards anyone who is competing in an endurance event. Throughout the 9-week session our certified performance specialists will help you to enhance your flexibility, through

dynamic warm up and static stretching techniques, improve your balance, core stability, and overall strength for injury prevention. We will also teach you the fundamentals of endurance training that will translate to your race. The small group setting helps to promote a highly energetic and enthusiastic atmosphere in our state-of-the-art training facility. Sign up today to improve your next endurance event!

Tuesdays & Thursdays 6-7 pm

To register or for pricing, contact Nate Vandervest at **(920) 430-4722** or **nhvand@bellin.org**