

Runner's Bingo



Runners Bingo

- How many can you complete over the coming weeks?
- Tick off your achievements to win a line or a full house



Run a 5k	Start a running streak by running three days in a row	Go for a solo run	Try to take notice of your surroundings when running outdoors	Complete an early morning run before 9am
Enjoy a post-run cake or snack of your choice	Take a mid-run selfie	Complete a lunchtime run	Take part in a virtual run	Share details of your run online or with a friend
Try out a new route, distance or type of training session	Round up your run by finishing on a whole number (in distance or time)	REST DAY	Run to a landmark and back again	Replace a run with a stretch session
Take a picture of something in nature	Complete an interval session switching between sprinting, jogging and walking	Complete a long run of 10k or more	Take a sweaty selfie	Run your usual route in reverse
Complete a hill session	Replace a run with a strength session	Complete a sprint session	Run in fancy dress	Enjoy a post-run brew of your choice