



BINGO CARD 3

FOR RUNNER/WALKERS WANTING TO COMPLETE 100 MILES (OR EQUIVALENT) THIS MONTH

HAPPY PLACE 10k run/walk to a place that brings you happy memories. = 6 MILES	30 MINUTE HIIT WORKOUT Suggested workout here = 4.5 MILES		2 CONSECUTIVE LUNCHTIME WALKS Go for a 30 minute walk for 2 lunchtimes in a row. = 4 MILES	NEW ROUTE Run/walk a completely new route = 3 MILES
JEFFING Try jeffing to help you run further/faster. = 13 MILES OR RUN/WALK HOME Rather than drive/take public transport.		EARLY BIRDS Roll out of bed and go for a run/walk (or equivalent workout) = 3 MILES Tip: lay your clothes out the night before	FOODBANK RUN Run to your nearest foodbank and make a donation = 3 MILES	WALK AND TALK Walk 5km and call a friend you've been meaning to catch up with. = 3 MILES
30 MINUTE BOXING Suggested free Body Combat workout here . = 3 MILES	SPEND A MORNING HIKING Why not go somewhere beautiful?! =15 MILES	SUNRISE/SUNSET 10K = 6 MILES	PODCAST TIME Listen to a new/your favourite podcast on your run/walk = 6 MILES	
JOE WICKS BURPEE CHALLENGE 20 Minutes, 20 different kinds of burpees! Video  here . = 3 MILES	STAIR CLIMB 10 Minutes stair climbing = 1 MILE	RAINBOW RUN Run/walk wearing as many different colours as you can. =6 MILES		STRAVA ART Make a shape on your next run/walk. = 4 MILES
CORE WORKOUT 20 minutes core workout. Suggested video here . = 3 MILES	DO 25 LAPS OF SOMETHING FABULOUS! = 4 MILES	CULTURE RUN Run/walk to some nearby culture = 2.5 MILES	TREAT RUN Run to a supermarket that is 3km away, buy a treat, come back! = 4 MILES	20 MINUTE HIIT WORKOUT = 3 MILES