




BINGO CARD 2

FOR RUNNERS WITH LIMITED TIME/
ALREADY ON A TRAINING PLAN

	HAPPY PLACE Run/walk to place that brings you happy memories.	NEW ROUTE Run/walk a completely new route.	PLANK Hold a plank for 2 minutes.	LUNCHTIME WALK Take 10 minutes (minimum) at lunch for a walk.
PUNCHES Do 1 minute of punches	PODCAST TIME Listen to your favourite podcast on a run/walk		SUNRISE/SUNSET RUN Go for a run/walk at sunrise/sunset.	WALK AND TALK Go for a walk and call a friend you've been meaning to catch up with.
RAINBOW RUN Go for a run/walk wearing as many different colours as you can.	MINI CIRCUIT 8 SQUATS 8 LUNGES 8 PRESS UPS (5 times)	10 MINUTE HIIT SESSION Beginners HIIT here Advanced HIIT here	FOODBANK RUN Run/walk to a foodbank and make a donation.	
DO 25 LAPS OF SOMETHING FABULOUS Don't get dizzy! 	RUN HOME Whether it's a run-commute or running back from coffee with a friend. Run/walk home rather than drive/take public transport.		7 MINUTES OF CORE Suggested video here	TREAT RUN Run/walk to a supermarket, get a treat and run home again.
TUNES! Listen to Sabotage by the Beastie Boys on your run. The ultimate running tune!		DICE RUN Roll the dice and run/walk that many kilometers.	YOGA/STRETCHING 20 minutes of yoga/stretching Suggested video here .	20 MINUTE HIIT SESSION Burpee fun here Advanced HIIT here Beginners HIIT here