

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