



BINGO CARD 4

FOR RUNNER/WALKERS WANTING TO COMPLETE 50 MILES (OR EQUIVALENT) THIS MONTH

<p>HAPPY PLACE 5k run/walk to a place that brings you happy memories. = 3 MILES</p>	<p>20 MINUTE HIIT WORKOUT Suggested workout here = 3 MILES</p>		<p>LUNCHTIME WALK Go for a 20 minute walk at lunchtime =1.5</p>	<p>NEW ROUTE Run/walk a completely new route = 3 MILES</p>
<p>JOE WICKS BURPEE CHALLENGE 20 Minutes, 20 different kinds of burpees! Video here. = 3 MILES</p>		<p>FOODBANK RUN Run to your nearest foodbank and make a donation = 2 MILES</p>	<p>PODCAST TIME Listen to a new/your favourite podcast on your run/walk = 4 MILES</p>	
	<p>JEFFING Try jeffing to help you run further/faster. OR RUN/WALK HOME Rather than drive/take public transport. = 5 MILES</p>	<p>SUNRISE/SUNSET 5K = 3 MILES</p>		<p>WALK AND TALK Walk 5km and call a friend you've been meaning to catch up with. = 3 MILES</p>
	<p>SPEND A MORNING HIKING Why not go somewhere beautiful?! = 6 MILES</p>	<p>RAINBOW RUN Run/walk wearing as many different colours as you can. =3 MILES</p>		<p>STRAVA ART Make a shape on your next run/walk. = 2 MILES</p>
<p>CORE WORKOUT 10 minutes core workout. Suggested video here. = 1.5 MILES</p>	<p>DO 25 LAPS OF SOMETHING FABULOUS! = 2 MILES</p>		<p>TREAT RUN Run to a supermarket that is 2km away, buy a treat, come back! = 3 MILES</p>	<p>CULTURE WALK/RUN Run/walk to some nearby culture = 2 MILES</p>