

TTT Runners

Lockdown Bingo

www.tttrunners.com/lockdown-bingo

<p>STAY HOME Complete 30min of running within the boundary of your property. <i>*Be creative.</i></p>	<p>MIS-MATCH Mis-match all of the elements of your running outfit. <i>*Post a photo and tag TTT Runners.</i></p>	<p>PLOG Collect a bag of roadside rubbish during a run. <i>* Plogging is collecting rubbish while running.</i></p>	<p>NANA NAP Make the most of the opportunity and have a sleep during the day.</p>	<p>GPS ART Use your GPS to create a TTT Runners logo. <i>*Post a photo and tag TTT Runners.</i></p>
<p>VEGETABLES Eat fifteen vegetables in a day.</p>	<p>EXPLORE Run a route that you haven't run before.</p>		<p>CROSS TRAIN Complete a cross training workout.</p>	<p>REST Have a day off with no training.</p>
<p>RUN BAREFOOT Ditch your shoes and complete part of your run barefoot.</p>	<p>GO NAKED Remove all technology and run by feel.</p>	<p>STRIDE OUT Complete 5-10 x 60m stride outs as part of your run. <i>*Stride outs are gradual accelerations up to sprinting.</i></p>	<p>WORKOUT LOOP Design and run a 400m - 2000m loop for your running workouts.</p>	<p>SELFIE Take a selfie during or post run. <i>*Post a photo and tag TTT Runners.</i></p>