

# RSE Bingo Challenge

	A	B	C	D	E
1	Challenge someone to a running task, but also complete it yourself	Take a selfie with a sheep! (preferably from the otherside of a fence!)	One Run over 1 hour	30x Star jumps after a run (3xsets of 10)	Complete a pyramid session - 1 min, 2 min, 3min, 2min, 1 min, Hard efforts(90sec recovery)*
2	30x Press Ups after a run (3x sets of 10)	6-10x 60secs uphill efforts (recovery downhill)	Do any distance run but it must be after 8pm	Share your last race photo	One off road run of any distance and time
3	Do a Progressive run of over 3 miles but each mile getting quicker*	One Run of 5km or more	1 Minute Plank, 3 times in the week	Do any distance run but it must start before 7am	Take a photo of a Black, a Red and a Yellow car
4	One Run of 10km	Run any distance but must include a photo next to water (lake/river?)	Take a rest day, but read or watch something running related for 30mins (post proof!)	3-5 x 3min efforts at hard effort (2mins recovery)*	30 Sit ups/crunches after a run (3xsets of 10)
5	Find a letter 'Y' on your run	30 x Squats after a run (3xsets of 10)	Do a Fartlek session for 30 minutes (2mins hard every 5 mins)*	One run of between 45mins - 1hour	1 x 30 mins online/ video work out



## Wednesday effort session

\*include a 10 min Warm up and 10 min Cool down

Complete any line Across, Down or Diagonal in the week and post which one you've done. Make sure you include corresponding task photos!

You can choose to do more than one row/line but without the effort session (highlighted in green)