

SWIM-BIKE-RUN-BINGO!!!

Oceanside 70.3

Swim 5,000 yards	Skip a planned workout to spend time with your family or friends	Take a picture (and post) working out with a fellow Trispoke!	Read a Tri training article (share too if you're into that)	Renew your 2019 membership
Use swim paddles for part of your workout	Complete a swim workout	Complete an interval workout	Run a total of 15 miles	Visit a sponsor and use your club discount
Complete a bike workout	Take a REST day	FREE SPACE	Clean and lube your bike	Get at least 7 hours of sleep, 3 days in a row
Submit your 2019 race plan or ideas	Participate in a club workout	Tell your biggest supporter THANK YOU!	Attend a club general meeting	Volunteer at a local event
Stretch after a long workout	Ride a total 100 miles	Register for a 2019 race	Complete a run workout	Complete a brick workout (any 2 workouts back to back)

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