



# THE RUNNING CHANNEL

## the yule jog

Mark a square when you've completed an activity.  
Try one activity per day until Christmas!

RUN SOMEWHERE NEW	RUN AT LUNCHTIME	RUN A LOCAL CHRISTMAS LIGHTS TOUR	FESTIVE FARTLEKS - RUN FAST BETWEEN DECORATIONS	RUN ON A TRAIL
RUN TO DELIVER LOCAL CHRISTMAS CARDS	RUN YOUR LOCAL PARKRUN ROUTE	DO STRETCHING OR YOGA	WATCH A RUNNING CHANNEL VIDEO!	SHARE A #SOLORUN SELFIE
RUN IN A CHRISTMAS JUMPER	RUN LISTENING TO FESTIVE MUSIC	FREE	FOAM ROLL AFTER A RUN	TRY OUR CORE WORKOUT
TRY FESTIVE STRAVA ART	RUN AT SUNRISE	RUN UP A HILL	TRY OUR ULTIMATE HOME WORKOUT	RUN 10KM
DO SQUATS WHILST WATCHING A CHRISTMAS FILM	SHARE A #RUNBUDDY SELFIE	TRY OUR RESISTANCE BAND WARM UP	RUN IN THE EVENING	RUN ON CHRISTMAS DAY

@runningchannel