KNOCK KNOCK JOKES FOR RUNNERS



kickonfitness.com

1. **Knock knock. Who's there?**
   Iva. Iva who?
   Iva sore legs — can we walk the rest?

2. **Knock knock. Who's there?**
   Justin. Justin who?
   Justin time for the warm-up — don't skip it!

3. **Knock knock. Who's there?**
   Wanda. Wanda who?
   Wanda know why I signed up for a 5K when Netflix exists.

4. **Knock knock. Who's there?**
   Ken. Ken who?
   Ken you slow down?! I thought this was supposed to be an easy run!

5. **Knock knock. Who's there?**
   Sole. Sole who? Sole-ly here for the post run snacks!

6. **Knock knock. Who's there?**
   Boo. Boo who?
   Don't cry — it's only mile 1.

7. **Knock knock. Who's there?**
   Arthur. Arthur who?
   Arthur any hills on this route? Please say no.

8. **Knock knock. Who's there?**
   Knee. Knee who? Knee-d a rest day after that hill workout!

9. **Knock knock. Who's there?**
   Cheetah. Cheetah who?
   You cheetah yourself when you skip the cool-down.

10. **Knock knock. Who's there?**
    Cash. Cash who?
    No thanks, I'll take a banana and a medal.

A joke a day takes 30 seconds off of your mile splits!