

Hyde Village Striders Stride Out Programme Feb 2014

	Monday	Wednesday	Run Time (Min)	Walk Time (Min)	Frequency
Week 1	10/02/2014	12/02/2014	1	1	x7
Week 2	17/02/2014	19/02/2014	3	1	x4
Week 3	24/02/2014	26/02/2014	5	1.5	x4
Week 4	03/03/2014	05/03/2014	6	1.5	x3
Week 5	10/03/2014	12/03/2014	8	1.5	x2
Week 6	17/03/2014	19/03/2014	10	1.5	x2
Week 7	24/03/2014	26/03/2014	1x12 / 1x8	2	x1
Week 8	31/03/2014	02/04/2014	1x15 / 1x5	1.5	x1
Week 9	07/04/2014	09/04/2014	1x18 / 1x4	1	x1
Week 10	14/04/2014	16/04/2014	22	0	x1
Week 11	21/04/2014	23/04/2014	Mon 25 Wed 30	0	x1

**The programme should be followed twice a week but not on consecutive days
Each session will start with a warm-up & ends with stretching session to cool down.**