

Hyde Village Striders

Stride Out 11 Week Beginners Programme

Mon 8th Sept to Wed 19th Nov

Week	Run Time (Min)	Walk Time (Min)	Frequency
1 - 8 & 10 Sept	1	1	7
2 - 15 & 17 Sept	3	1	4
3 - 22 & 24 Sept	5	1.5	4
4 - 29 Sept & 1st Oct	6	1.5	3
5 - 6th & 8th Oct	8	1.5	2
6 - 13th & 15th Oct	10	1.5	2
7 - 20th & 22nd Oct	1x12 / 1x8	2	1
8 - 27th & 29th Oct	1x15 / 1x5	1.5	1
9 - 3rd & 5th Nov	1x18 / 1x4	1	1
10 - 10th & 12th Nov	22	0	1
11 - 17th & 19th Nov	25 Mon - 30 Wed	0	1

The programme should be followed twice a week but not on consecutive days

Each session please start with warm-up and end with the cool down