

Hyde Village Striders Stride Out Programme Autumn 2017

	Monday	Wednesday	Run Time (Min)	Walk Time (Min)	Frequency
Week 1	11/09/2017	13/09/2017	1	1	x7
Week 2	18/09/2017	20/09/2017	3	1	x4
Week 3	25/09/2017	27/09/2017	5	1.5	x3
Week 4	02/10/2017	04/10/2017	6	1.5	x3
Week 5	09/10/2017	11/10/2017	8	1.5	x2
Week 6	16/10/2017	18/10/2017	10	1.5	x2
Week 7	23/10/2017	25/10/2017	1x12 / 1x8	2	x1
Week 8	30/10/2017	01/11/2017	1x15 / 1x7	1.5	x1
Week 9	06/11/2017	08/11/2017	1x18 / 1x6	1	x1
Week 10	13/11/2017	15/11/2017	22	0	x1
Week 11	20/11/2017	22/11/2017	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 & end with a cool down.