Hyde Village Striders Stride Out Programme Feb 2016

	Monday	Wednesday	Run Time (Min)	Walk Time (Min)	Frequency
Week 1	01/02/2016	03/02/2016	1	1	x7
Week 2	08/02/2016	10/02/2016	3	1	x4
Week 3	15/02/2016	17/02/2016	5	1.5	x3
Week 4	22/02/2016	24/02/2016	6	1.5	x3
Week 5	29/02/2016	02/03/2016	8	1.5	x2
Week 6	07/03/2016	09/03/2016	10	1.5	x2
Week 7	14/03/2016	16/03/2016	1x12 / 1x8	2	x1
Week 8	21/03/2016	23/03/2016	1x15 / 1x7	1.5	x1
Week 9	28/03/2016	30/03/2016	1x18 / 1x6	1	x1
Week 10	04/04/2016	06/04/2016	22	0	x1
Week 11	11/04/2016	13/04/2016	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.