## Hyde Village Striders Stride Out Programme Early 2017

16/01/2017				
16/01/201 <i>/</i>	40/04/004	+	4	_
	18/01/2017	1	1	х7
23/01/2017	25/01/2017	3	1	<b>x4</b>
30/01/2017	01/02/2017	5	1.5	х3
06/02/2017	08/02/2017	6	1.5	х3
13/02/2017	15/02/2017	8	1.5	x2
20/02/2017	22/02/2017	10	1.5	x2
27/02/2017	01/03/2017	1x12 / 1x8	2	x1
06/03/2017	08/03/2017	1x15 / 1x7	1.5	x1
13/03/2017	15/03/2017	1x18 / 1x6	1	x1
20/03/2017	22/03/2017	22	0	x1
27/03/2017	29/03/2017	Mon 25 Wed 30	0	x1
	30/01/2017 06/02/2017 13/02/2017 20/02/2017 27/02/2017 06/03/2017 13/03/2017	30/01/2017 01/02/2017  06/02/2017 08/02/2017  13/02/2017 15/02/2017  20/02/2017 22/02/2017  27/02/2017 01/03/2017  06/03/2017 08/03/2017  13/03/2017 15/03/2017	30/01/2017 01/02/2017 5  06/02/2017 08/02/2017 6  13/02/2017 15/02/2017 8  20/02/2017 22/02/2017 10  27/02/2017 01/03/2017 1x12 / 1x8  06/03/2017 08/03/2017 1x15 / 1x7  13/03/2017 15/03/2017 1x18 / 1x6	30/01/2017 01/02/2017 5 1.5  06/02/2017 08/02/2017 6 1.5  13/02/2017 15/02/2017 8 1.5  20/02/2017 22/02/2017 10 1.5  27/02/2017 01/03/2017 1x12 / 1x8 2  06/03/2017 08/03/2017 1x15 / 1x7 1.5  13/03/2017 15/03/2017 1x18 / 1x6 1  20/03/2017 22/03/2017 22 0

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.