

Hyde Village Striders Stride Out Programme Early 2017

	Monday	Wednesday	Run Time (Min)	Walk Time (Min)	Frequency
Week 1	16/01/2017	18/01/2017	1	1	x7
Week 2	23/01/2017	25/01/2017	3	1	x4
Week 3	30/01/2017	01/02/2017	5	1.5	x3
Week 4	06/02/2017	08/02/2017	6	1.5	x3
Week 5	13/02/2017	15/02/2017	8	1.5	x2
Week 6	20/02/2017	22/02/2017	10	1.5	x2
Week 7	27/02/2017	01/03/2017	1x12 / 1x8	2	x1
Week 8	06/03/2017	08/03/2017	1x15 / 1x7	1.5	x1
Week 9	13/03/2017	15/03/2017	1x18 / 1x6	1	x1
Week 10	20/03/2017	22/03/2017	22	0	x1
Week 11	27/03/2017	29/03/2017	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.