

Hyde Village Striders Stride Out Programme May 2017

	Monday	Wednesday	Run Time (Min)	Walk Time (Min)	Frequency
Week 1	08/05/2017	10/05/2017	1	1	x7
Week 2	15/05/2017	17/05/2017	3	1	x4
Week 3	22/05/2017	24/05/2017	5	1.5	x3
Week 4	29/05/2017	31/05/2017	6	1.5	x3
Week 5	05/06/2017	07/06/2017	8	1.5	x2
Week 6	12/06/2017	14/06/2017	10	1.5	x2
Week 7	19/06/2017	21/06/2017	1x12 / 1x8	2	x1
Week 8	26/06/2017	28/06/2017	1x15 / 1x7	1.5	x1
Week 9	03/07/2017	05/07/2017	1x18 / 1x6	1	x1
Week 10	10/07/2017	12/07/2017	22	0	x1
Week 11	17/07/2017	19/07/2017	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.**