

Hyde Village Striders Stride Out Programme January-April 2018

	Monday	Wednesday	Run Time (Min)	Walk Time (Min)	Frequency
Week 1	22/01/2018	24/01/2018	1	1	x7
Week 2	29/01/2018	31/01/2018	3	1	x4
Week 3	05/02/2018	07/02/2018	5	1.5	x3
Week 4	12/02/2018	14/02/2018	6	1.5	x3
Week 5	19/02/2018	21/02/2018	8	1.5	x2
Week 6	26/02/2018	28/02/2018	10	1.5	x2
Week 7	05/03/2018	07/03/2018	1x12 / 1x8	2	x1
Week 8	12/03/2018	14/03/2018	1x15 / 1x7	1.5	x1
Week 9	19/03/2018	21/03/2018	1x18 / 1x6	1	x1
Week 10	26/03/2018	28/03/2018	22	0	x1
Week 11	Easter	04/04/2018	Wed 25	0	x1
Week 12	09/04/2018	11/04/2018	Mon 30, Wed end	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.**