

**Hyde Village Striders Stride Out Programme January 2019**

|                | <b>Monday</b> | <b>Wednesday</b> | <b>Run Time (Min)</b> | <b>Walk Time (Min)</b> | <b>Frequency</b> |
|----------------|---------------|------------------|-----------------------|------------------------|------------------|
| <b>Week 1</b>  | 14/01/2019    | 16/01/2019       | 1                     | 1                      | x7               |
|                |               |                  |                       |                        |                  |
| <b>Week 2</b>  | 21/01/2019    | 23/01/2019       | 3                     | 1                      | x4               |
|                |               |                  |                       |                        |                  |
| <b>Week 3</b>  | 28/01/2019    | 30/01/2019       | 5                     | 1.5                    | x3               |
|                |               |                  |                       |                        |                  |
| <b>Week 4</b>  | 04/02/2019    | 06/02/2019       | 6                     | 1.5                    | x3               |
|                |               |                  |                       |                        |                  |
| <b>Week 5</b>  | 11/02/2019    | 13/02/2019       | 8                     | 1.5                    | x2               |
|                |               |                  |                       |                        |                  |
| <b>Week 6</b>  | 18/02/2019    | 20/02/2019       | 10                    | 1.5                    | x2               |
|                |               |                  |                       |                        |                  |
| <b>Week 7</b>  | 25/02/2019    | 27/02/2019       | 1x12 / 1x8            | 2                      | x1               |
|                |               |                  |                       |                        |                  |
| <b>Week 8</b>  | 04/03/2019    | 06/03/2019       | 1x15 / 1x7            | 1.5                    | x1               |
|                |               |                  |                       |                        |                  |
| <b>Week 9</b>  | 11/03/2019    | 13/03/2019       | 1x18 / 1x6            | 1                      | x1               |
|                |               |                  |                       |                        |                  |
| <b>Week 10</b> | 18/03/2019    | 20/03/2019       | 22                    | 0                      | x1               |
|                |               |                  |                       |                        |                  |
| <b>Week 11</b> | 25/03/2019    | 27/03/2019       | Wed 25                | 0                      | x1               |
|                |               |                  |                       |                        |                  |
| <b>Week 12</b> | 01/04/2019    | 03/04/2019       | 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.