

Hyde Village Striders Stride Out Programme April-July 2018

	Monday	Wednesday	Run Time (Min)	Walk Time (Min)	Frequency
Week 1	30/04/2018	02/05/2018	1	1	x7
Week 2	07/05/2018	09/05/2018	3	1	x4
Week 3	14/05/2018	16/05/2018	5	1.5	x3
Week 4	21/05/2018	23/05/2018	6	1.5	x3
Week 5	28/05/2018	30/05/2018	8	1.5	x2
Week 6	04/06/2018	06/06/2018	10	1.5	x2
Week 7	11/06/2018	13/06/2018	1x12 / 1x8	2	x1
Week 8	18/06/2018	20/06/2018	1x15 / 1x7	1.5	x1
Week 9	25/06/2018	27/06/2018	1x18 / 1x6	1	x1
Week 10	02/07/2018	04/07/2018	22	0	x1
Week 11	09/07/2018	11/07/2018	Wed 25	0	x1
Week 12	16/07/2018	18/07/2018	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.