

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

	<b>Monday</b>	<b>Wednesday</b>	<b>Run Time (Min)</b>	<b>Walk Time (Min)</b>	<b>Frequency</b>
<b>Week 1</b>	<b>09/09/2019</b>	<b>11/09/2019</b>	<b>1</b>	<b>1</b>	<b>x7</b>
<b>Week 2</b>	<b>16/09/2019</b>	<b>18/09/2019</b>	<b>3</b>	<b>1</b>	<b>x4</b>
<b>Week 3</b>	<b>23/09/2019</b>	<b>25/09/2019</b>	<b>5</b>	<b>1.5</b>	<b>x3</b>
<b>Week 4</b>	<b>30/09/2019</b>	<b>02/10/2019</b>	<b>6</b>	<b>1.5</b>	<b>x3</b>
<b>Week 5</b>	<b>07/10/2019</b>	<b>09/10/2019</b>	<b>8</b>	<b>1.5</b>	<b>x2</b>
<b>Week 6</b>	<b>14/10/2019</b>	<b>16/10/2019</b>	<b>10</b>	<b>1.5</b>	<b>x2</b>
<b>Week 7</b>	<b>21/10/2019</b>	<b>23/10/2019</b>	<b>1x12 / 1x8</b>	<b>2</b>	<b>x1</b>
<b>Week 8</b>	<b>28/10/2019</b>	<b>30/10/2019</b>	<b>1x15 / 1x7</b>	<b>1.5</b>	<b>x1</b>
<b>Week 9</b>	<b>04/11/2019</b>	<b>06/11/2019</b>	<b>1x18 / 1x6</b>	<b>1</b>	<b>x1</b>
<b>Week 10</b>	<b>11/11/2019</b>	<b>13/11/2019</b>	<b>22</b>	<b>0</b>	<b>x1</b>
<b>Week 11</b>	<b>18/11/2019</b>	<b>20/11/2019</b>	<b>Wed 25</b>	<b>0</b>	<b>x1</b>
<b>Week 12</b>	<b>25/11/2019</b>	<b>27/11/2019</b>	<b>Mon 30, Wed end</b>	<b>0</b>	<b>x1</b>

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.