



# BONDI 9 WEEK CHALLENGE

## TRAINING PLAN BEGINNER



MON

TUE

WED

THUR

FRI

SAT

SUN

TOTAL

### WEEK 1

5:00 brisk walk  
8 x 1:00 run/  
1:30 walk

30 min walk or  
cross-training

Rest Day

5:00 brisk walk  
8 x 1:00 run/  
1:30 walk

Rest Day

18 min

### WEEK 2

5:00 brisk walk  
10 x 1:30 run/1:00  
walk

30 min walk or  
cross-training

Rest Day

5:00 brisk walk  
8 x 2:00 run/1:00  
walk

Rest Day

5:00 brisk walk  
12 x 2:00 run/1:00  
walk

Rest Day

55 min

### WEEK 3

5:00 brisk walk  
10 x 3:00 run/1:00  
walk

30 min walk or  
cross-training

Rest Day

5:00 brisk walk  
8 x 4:00 run/1:00  
walk

Rest Day

5:00 brisk walk  
7 x 5:00 run/1:00  
walk

Rest Day

97 min

### WEEK 4

5:00 brisk walk  
10:00 run/1:00  
walk  
8:00 run/1:00 walk  
6:00 run/1:00 walk  
4:00 run/1:00 walk  
2:00 run/1:00 walk

45 min walk or  
cross-training

5:00 brisk walk  
8:00 run/0:30 walk  
7:00 run/0:30 walk  
6:00 run/0:30 walk  
5:00 run/0:30 walk  
4:00 run/0:30 walk  
3:00 run/0:30 walk  
2:00 run/0:30 walk  
1:00 run/0:30 walk

Rest Day

30 min walk or  
cross-training

5:00 brisk walk  
6 x 7:00 run/1:00  
walk

Rest Day

108 min



# BONDI 9 WEEK CHALLENGE

## TRAINING PLAN BEGINNER



	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
<b>WEEK 5</b>	5:00 brisk walk  4 x 10:00 (or 1 mi) run/1:30 walk	45 min walk or cross-training	5:00 brisk walk  15:00 run/2:00 walk  12:00 run/1:30 walk  9:00 run/1:00 walk  6:00 run/0:30 walk  3:00 run	Rest Day	30 min walk or cross-training	6 x 8:00 (1:00)	Rest Day	<b>133 min</b>
<b>WEEK 6</b>	5:00 brisk walk  5 x 10:00 run (or 1 mi)/1:00 walk	45 min walk or cross-training	5:00 brisk walk  2 x 20:00 (or 2 mi) run/2:00 walk	Rest Day	30 min walk or cross-training	5:00 brisk walk  6 x 10:00 (or 1 mi) run/1:00 walk	Rest Day	<b>150 min</b>
<b>WEEK 7</b>	5:00 brisk walk  3 x 20:00 (or 2 mi) run/1:30 walk	60 min walk or cross-training	5:00 brisk walk  50:00 (or 5 mi) run	Optional 30:00 (3 mi) run	45 min walk or cross-training	5:00 brisk walk  7 x 10:00 (or 1 mi) run/1:00 walk	Rest Day	<b>180/210 min</b>
<b>WEEK 8</b>	5:00 brisk walk  4 x 20:00 (or 2 mi) run/1:30 walk	60 min walk or cross-training	5:00 brisk walk  60:00 (or 6 mi) run	Optional 30:00 (3 mi) run	45 min walk or cross-training	5:00 brisk walk  3 x 30:00 (or 3 mi) run/2:00 walk	Rest Day	<b>230/260 min</b>
<b>WEEK 9</b>	5:00 brisk walk  9 x 10:00 (or 1 mi) run/1:00 walk	60 min walk or cross-training	5:00 brisk walk  70:00 (or 7 mi) run	45 min walk or cross-training	30:00 run (or 3 mi)	Rest Day	<b>5:00 brisk walk 9 mile run</b>	<b>250/280 min</b>