Author: Jack Mullany, Certified Strength & Conditioning Coach (CSCS) and a USATF Level 3 Coach

**BONDI 9 WEEK CHALLENGE 9**

**BONDI 9 WEEK CHALLENGE**

**TRAINING PLAN INTERMEDIATE**

**HOKA**

**BONDI 9 WEEK CHALLENGE 9**

| | MON | TUE | WED | THUR | FRI | SAT | SUN | TOTAL |
|---|---|---|---|---|---|---|---|---|
| **WEEK 1** | | | 3 mi run | 30 min cross-training | Rest Day | 3 mi run + 6 x 0:10 hill sprints | Rest Day | **6 mi** |
| **WEEK 2** | 3 mi run + 6 x strides | 30 min cross-training | Rest Day | 2 mi run + 6 x 0:10 hills | Rest Day | 4 mi run | Rest Day | **9 mi** |
| **WEEK 3** | 3 mi run + 6 x strides | 30 min cross-training | Rest Day | 3 mi run + 6 x 0:10 hills | Rest Day | 5 mi run | Rest Day | **11 mi** |
| **WEEK 4** | 3 mi run + 6 x strides | 45 min cross-training | 6 x 400m reps | Rest Day | 30 min cross-training | 5 mi run + 6 x 0:10 hills | Rest Day | **13.5 mi** |
| **WEEK 5** | 3 mi run + 6 x strides | 45 min cross-training | 8 x 400m reps | Rest Day | 30 min cross-training | 6 mi run | Rest Day | **15 mi** |
| **WEEK 6** | 3 mi run + 6 x strides | 45 min cross-training | 4 x 800m reps | Rest Day | 30 min cross-training | 6 mi run + 6 x 0:10 hills | Rest Day | **15 mi** |
| **WEEK 7** | 4 mi run + 6 x strides | 60 min cross-training | 12 x 400m reps | 3 mi run | 30 min walk or cross-training | 6 x 8:00 (1:00) | Rest Day | **21 mi** |
| **WEEK 8** | 4 mi run + 6 x strides | 60 min cross-training | 6 x 800m reps | 3 mi run | 30 min walk or cross-training | 6 x 8:00 (1:00) | Rest Day | **22 mi** |
| **WEEK 9** | 4 mi run + 6 x strides | 60 min cross-training | 6 x 400m reps | 45 min cross-training | 3 mi run | Rest Day | 9 mile run | **20.5 mi** |