

THE VIRTUAL 6 CHALLENGE

for Lupus Foundation of America

SAMPLE TRAINING PLAN 2 - INTERMEDIATE

Suggested for people aiming to do 3-miles on first and last day of challenge, 3-miles back-to-back or a similar approach

M	T	W	TH	F	SAT	SUN
1.5 Mile Walk	Rest	2 Mile Walk/Run	Rest	30 Min Yoga or Cross training	Rest	1 Mile Walk
30 Min Yoga or Cross training	Rest	2 Mile Walk/Run	Rest	20 Min Yoga or Cross training	Rest	1 Mile Walk
30 Min Yoga or Cross training	Rest	2.5 Mile Walk/Run	Rest	30 Min Yoga or Cross training	Rest	3 Mile Walk
20 Min Online Workout or Cross training	Rest	3 Mile Walk/Run	Rest	20 Min Yoga or Cross training	Rest	Rest
Rest	VIRTUAL 6 WEEK!	3 miles on first and last day of challenge, 3 miles back-to-back or a similar approach (Wednesday to Sunday)				

Basic Training Tips:

- Include a brief warm-up and cool down before and after each workout.
- Identify 1-2 cross training activities to build strength and core stability. Optimal cross training activities are easy-to-medium effort, low impact but high intensity. You can find many at home online workouts on YouTube and other video platforms.
- Strength training, core training and stretching will help prevent injury: lunges, mini burpees, plank/side plank, sit-ups, pull-ups, push-ups, wall sits and yoga. These can all be done with no equipment, and at home.