

THE VIRTUAL 6 CHALLENGE

for Lupus Foundation of America

SAMPLE TRAINING PLAN 3 - ADVANCED

*Suggested for people aiming to do 6-miles on first or last day of challenge;
or 6-miles each day of challenge, or a similar approach*

M	T	W	TH	F	SAT	SUN
2 Mile Walk/Run	Rest	20 Min Online Workout or Cross training	Rest	3 Mile Walk/Run	Rest	3.5 Mile Walk/Run
2.5 Mile Walk/Run	Rest	4 Mile Walk/Run	Rest	4.5 Mile Walk/Run	Rest	5.5 Mile Walk/Run
4 Mile Walk/Run	Rest	6 Mile Walk/Run	Rest	5 Mile Walk/Run	Rest	6 Mile Walk/Run
3 Mile Walk/Run	Rest	5 Mile Walk/Run	Rest	3 Mile Walk/Run	Rest	Rest
Rest	VIRTUAL 6 WEEK!	6 miles on first or last day, 6 miles each day, or similar (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.