

# THE VIRTUAL 6 CHALLENGE

for Lupus Foundation of America

## SAMPLE TRAINING PLAN 1 - BEGINNERS

*Suggested for people aiming to do 1-mile per day or 2-miles every other day or a similar approach*

M	T	W	TH	F	SAT	SUN
1 Mile walk	Rest	1 Mile Walk/Run	Rest	30 Min Yoga or Cross training	Rest	1 Mile Walk
30 Min Yoga or Cross training	Rest	1 Mile Walk/Run	Rest	30 Min Yoga or Cross training	Rest	1.5 Mile Walk
30 Min Yoga or Cross training	Rest	1 Mile Walk/Run	Rest	30 Min Yoga or Cross training	Rest	1.5 Mile Walk
20 Min Online Workout or Cross training	Rest	1 Mile Walk/Run	Rest	1 Mile Walk/Run	Rest	Rest
Rest	<b>VIRTUAL 6 WEEK!</b>		1 mile each day or 2 miles every other day (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.