

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Murph Training 10 Week Program

Week 1

Workout 1.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

3 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 4x400m Runs
- Rest 3 minutes between each run

Workout 1.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

3 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 2x800m Runs
- Rest 4 minutes between each run

Workout 1.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

3 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 4x400m Runs
- Rest 3 minutes between each run

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Week 2

Workout 2.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

4 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 5x400m Runs
- Rest 3 minutes between each run

Workout 2.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

4 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 3x800m Runs
- Rest 4 minutes between each run

Workout 2.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

4 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 5x400m Runs
- Rest 3 minutes between each run

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Week 3

Workout 3.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

5 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 5x400m Runs
- Rest 2 minutes between each run

Workout 3.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

5 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 4x800m Runs
- Rest 3 minutes between each run

Workout 3.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

5 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 6x400m Runs
- Rest 2 minutes between each run

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Week 4

Workout 4.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

6 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 6x400m Runs
- Rest 2 minutes between each run

Workout 4.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

6 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 4x800m Runs
- Rest 3 minutes between each run

Workout 4.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

6 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 6x400m Runs
- Rest 2 minutes between each run

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Week 5 (Recovery Week)

Workout 5.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

3 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 4x400m Runs
- Rest 2 minutes between each run

Workout 5.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

3 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 2x800m Runs
- Rest 3 minutes between each run

Workout 5.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

3 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 4x400m Runs
- Rest 2 minutes between each run

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Week 6

Workout 6.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

7 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 6x400m Runs
- Rest 1 minute between each run

Workout 6.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

7 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 4x800m Runs
- Rest 2 minutes between each run

Workout 6.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

7 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 5x400m Runs
- Rest 1 minute between each run

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Week 7

Workout 7.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

10 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 4x400m Runs
- Rest 1 minute between each run

Workout 7.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

5 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 2x800m Runs
- Rest 2 minutes between each run

Workout 7.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

10 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 2x400m Runs
- Rest 2 minute between each run

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Week 8

Workout 8.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

12 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 2x400m Runs
- Rest 2 minute between each run

Workout 8.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

5 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 2x1 mile runs
- Rest 5 minutes between each run

Workout 8.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

10 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 4x400m Runs
- Rest 2 minute between each run

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Week 9 (Taper)

Workout 9.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

10 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 4x400m Runs
- Rest 2 minute between each run

Workout 9.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

5 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 4x800m Runs
- Rest 2 minutes between each run

Workout 9.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

5 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 4x400m Runs
- Rest 2 minute between each run

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Week 10 (Taper)

Workout 10.1

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

3 Rounds: (Not for time)

- 5 pull ups
- 10 Push ups
- 15 Air Squats

Part B

Conditioning

- 2x 1mile runs
- Rest 5 minute between each run

Workout 10.2

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

3 Rounds: (Not for time)

- 5 Push ups
- 5 Pull ups
- 5 Push ups
- 15 Air Squats

Part B

Conditioning

- 2x800m Runs
- Rest 4 minutes between each run

Workout 10.3

Warm up

3 Rounds: (Not for time)

- 10 Sampson Stretch, 5 each leg
- 10 sit ups
- 10 Superman's
- 10 Push ups
- 10 pull ups

Part A

Movement Prep

3 Rounds: (Not for time)

- 5 Pull ups
- 5 Air Squats
- 5 Push ups
- 10 Air Squats
- 5 Push ups

Part B

Conditioning

- 4x400m Runs
- Rest 2 minute between each run

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Coaches Notes

Scaling

This plan is written for a relatively fit individual. Please scale appropriately to your fitness level or consult your primary care provider before beginning this exercise program.

Vests

If you plan on wearing a vest I suggest you start wearing it week 3, during the movement prep. Take it off as needed. Do not wear it while running until week 6 and again, take it off as needed. 1 interval on, 1 interval off is a good way to start with vested running.

Pull ups and Push ups

There are many scaling options for pull-ups and push-ups. If you currently struggle with pull-ups and/or push-ups talk to a coach about an appropriate plan for you.

Running

If you are new to running, stick to week 1 conditioning workouts until you feel ready to move on.

Squats

If you are not familiar with the CrossFit style air squat, it would be a good idea to familiarize yourself since there is a high volume for this plan and the Murph Challenge

Healthy Habits

To get the most out of this training program and to have the best results during the Murph event, I recommend eating a majority of real food: Lean protein sources, vegetables, nuts and seeds, healthy complex carbohydrates, and limit sugar intake. I also recommend drinking water and sleeping at a minimum of 7 hours per night when possible.