



MURPH TRAINING: 10 WEEK PROGRAM

NEVER STOP EVOLVING

STANDARD WARM UP

Complete before EVERY workout. 3 Rounds (Not for time):

- 10 Sampson Stretch (5 each leg)
- 10 Sit-ups
- 10 Supermans
- 10 Push-ups
- 10 Pull-ups

WEEK 1

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PART A: MOVEMENT PREP		PART B: CONDITIONING
1.1	3 Rounds: (Not for time) • 5 Pull-ups • 10 Push-ups • 15 Air Squats	4x400m Runs • Rest 3 minutes between each run
1.2	3 Rounds: (Not for time) • 5 Push-ups • 5 Pull-ups • 5 Push-ups • 15 Air Squats	2x800m Runs • Rest 4 minutes between each run

PART A: MOVEMENT PREP		PART B: CONDITIONING
1.3	3 Rounds: (Not for time)	
	• 5 Pull-ups	
	• 5 Air Squats	4x400m Runs
	• 5 Push-ups	• Rest 3 minutes between each run
	• 10 Air Squats	
	• 5 Push-ups	

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WEEK 2

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PART A: MOVEMENT PREP		PART B: CONDITIONING
2.1	4 Rounds: (Not for time)	
	• 5 Pull-ups	5x400m Runs
	• 10 Push-ups	• Rest 3 minutes between each run
	• 15 Air Squats	
2.2	4 Rounds: (Not for time)	
	• 5 Push-ups	
	• 5 Pull-ups	3x800m Runs
	• 5 Push-ups	• Rest 4 minutes between each run
	• 15 Air Squats	
2.3	4 Rounds: (Not for time)	
	• 5 Pull-ups	
	• 5 Air Squats	5x400m Runs
	• 5 Push-ups	• Rest 3 minutes between each run
	• 10 Air Squats	
	• 5 Push-ups	

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WEEK 3

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PART A: MOVEMENT PREP		PART B: CONDITIONING
3.1	5 Rounds: (Not for time) • 5 Pull-ups • 10 Push-ups • 15 Air Squats	5x400m Runs • Rest 2 minutes between each run
3.2	5 Rounds: (Not for time) • 5 Push-ups • 5 Pull-ups • 5 Push-ups • 15 Air Squats	4x800m Runs • Rest 3 minutes between each run
3.3	5 Rounds: (Not for time) • 5 Pull-ups • 5 Air Squats • 5 Push-ups • 10 Air Squats • 5 Push-ups	6x400m Runs • Rest 2 minutes between each run

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WEEK 4

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PART A: MOVEMENT PREP		PART B: CONDITIONING
4.1	6 Rounds: (Not for time) • 5 Pull-ups • 10 Push-ups • 15 Air Squats	6x400m Runs • Rest 2 minutes between each run
4.2	6 Rounds: (Not for time) • 5 Push-ups • 5 Pull-ups • 5 Push-ups • 15 Air Squats	4x800m Runs • Rest 3 minutes between each run
4.3	6 Rounds: (Not for time) • 5 Pull-ups • 5 Air Squats • 5 Push-ups • 10 Air Squats • 5 Push-ups	6x400m Runs • Rest 2 minutes between each run

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WEEK 5 (RECOVERY WEEK)

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PART A: MOVEMENT PREP		PART B: CONDITIONING
5.1	3 Rounds: (Not for time) • 5 Pull-ups • 10 Push-ups • 15 Air Squats	4x400m Runs • Rest 2 minutes between each run
5.2	3 Rounds: (Not for time) • 5 Push-ups • 5 Pull-ups • 5 Push-ups • 15 Air Squats	2x800m Runs • Rest 3 minutes between each run
5.3	3 Rounds: (Not for time) • 5 Pull-ups • 5 Air Squats • 5 Push-ups • 10 Air Squats • 5 Push-ups	4x400m Runs • Rest 2 minutes between each run

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WEEK 6

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PART A: MOVEMENT PREP		PART B: CONDITIONING
6.1	7 Rounds: (Not for time) • 5 Pull-ups • 10 Push-ups • 15 Air Squats	6x400m Runs • Rest 1 minute between each run
6.2	7 Rounds: (Not for time) • 5 Push-ups • 5 Pull-ups • 5 Push-ups • 15 Air Squats	4x800m Runs • Rest 2 minutes between each run

PART A: MOVEMENT PREP		PART B: CONDITIONING
6.3	7 Rounds: (Not for time)	
	• 5 Pull-ups	
	• 5 Air Squats	5x400m Runs
	• 5 Push-ups	• Rest 1 minute between each run
	• 10 Air Squats	
	• 5 Push-ups	

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WEEK 7

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PART A: MOVEMENT PREP		PART B: CONDITIONING
7.1	10 Rounds: (Not for time)	
	• 5 Pull-ups	4x400m Runs
	• 10 Push-ups	• Rest 1 minute between each run
	• 15 Air Squats	
7.2	5 Rounds: (Not for time)	
	• 5 Push-ups	
	• 5 Pull-ups	2x800m Runs
	• 5 Push-ups	• Rest 2 minutes between each run
	• 15 Air Squats	
7.3	10 Rounds: (Not for time)	
	• 5 Pull-ups	
	• 5 Air Squats	2x400m Runs
	• 5 Push-ups	• Rest 2 minutes between each run
	• 10 Air Squats	
	• 5 Push-ups	

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WEEK 8

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PART A: MOVEMENT PREP		PART B: CONDITIONING
8.1	12 Rounds: (Not for time)	
	• 5 Pull-ups	2x400m Runs
	• 10 Push-ups	• Rest 2 minutes between each run
	• 15 Air Squats	
8.2	5 Rounds: (Not for time)	
	• 5 Push-ups	2x1 mile runs
	• 5 Pull-ups	• Rest 5 minutes between each run
	• 5 Push-ups	
	• 15 Air Squats	
8.3	10 Rounds: (Not for time)	
	• 5 Pull-ups	4x400m Runs
	• 5 Air Squats	• Rest 2 minutes between each run
	• 5 Push-ups	
	• 10 Air Squats	
	• 5 Push-ups	

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WEEK 9 (TAPER)

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PART A: MOVEMENT PREP		PART B: CONDITIONING
9.1	10 Rounds: (Not for time)	
	• 5 Pull-ups	4x400m Runs
	• 10 Push-ups	• Rest 2 minutes between each run
	• 15 Air Squats	
9.2	5 Rounds: (Not for time)	
	• 5 Push-ups	4x800m Runs
	• 5 Pull-ups	• Rest 2 minutes between each run
	• 5 Push-ups	
	• 15 Air Squats	
9.3	5 Rounds: (Not for time)	
	• 5 Pull-ups	4x400m Runs
	• 5 Air Squats	• Rest 2 minutes between each run
	• 5 Push-ups	
	• 10 Air Squats	
	• 5 Push-ups	

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WEEK 10 (TAPER)

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PART A: MOVEMENT PREP		PART B: CONDITIONING
10.1	3 Rounds: (Not for time) • 5 Pull-ups • 10 Push-ups • 15 Air Squats	2x 1 mile runs • Rest 5 minutes between each run
10.2	3 Rounds: (Not for time) • 5 Push-ups • 5 Pull-ups • 5 Push-ups • 15 Air Squats	2x800m Runs • Rest 4 minutes between each run
10.3	3 Rounds: (Not for time) • 5 Pull-ups • 5 Air Squats • 5 Push-ups • 10 Air Squats • 5 Push-ups	4x400m Runs • Rest 2 minutes 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.

UNCONQUERED. UNBREAKABLE. INVICTUS.

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.