

MURPH

The Murph workout is completed by thousands of people every year across the United States in efforts to honor Navy Seal Mike Murphy, and all of those who have served, and continue to serve our great nation. The workout is as follows:

- 1 mile run
- 100 pull ups
- 200 push ups
- 300 squats
- 1 mile run

Traditionally, the workout is completed wearing a 14-20lb weighted vest, and is done sequentially (complete all of 1 movement before moving on to the next). However, these are not requirements. The workout can be done without a vest, and reps can be broken up however you see fit, as long as the Murph begins and ends with a 1 mile run.

Below is a 4 week progressive program to prepare you for the Murph. The Murph is all about efficiently managing your energy systems. These workouts are designed to build on each other week to week, ensuring optimal energy system development by week 5. Add these 2 workouts into your weekly routine to ensure you can tough out the full Murph on Memorial Day!
for best results begin this program 4-5 weeks before Memorial Day and space each workout by 48-72 hours (weight training is encouraged between these days)



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| Week 1 Day 1 | Week 1 Day 2 |
| .5 mile run 25 pull ups 50 push ups 75 squats .5 mile run | 10 min Airdyne Bike or Rower 50 Bodyweight Deadlifts 100 Walking Lunges (per side) 100 Inverted Rows 50 calorie Airdyne or Rower Sprint |
| Week 2 Day 1 | Week 2 Day 2 |
| .5 mile run 50 pull ups 100 push ups 150 squats 1 mile run | 10 min Airdyne Bike or Rower 50 Bodyweight Deadlifts 150 Walking Lunges (per side) 100 Inverted Rows 75 calorie Airdyne or Rower as fast as possible |
| Week 3 Day 1 | Week 3 Day 2 |
| 1 mile run 75 pull ups 150 push ups 200 squats 1.5 mile run | 12 min Airdyne Bike or Rower 25 Bodyweight Deadlifts 150 Walking Lunges (per side) 50 pull ups 100 calorie Airdyne or Rower as fast as possible |
| Week 4 Day 1 | Week 4 Day 2 |
| 1.5 mile run 75 pull ups 175 push ups 250 squats 1.5 mile run | 15 min Airdyne Bike or Rower 200 Walking Lunges (per side) 75 pull ups 100 calorie Airdyne or Rower as fast as possible |