



MURPH TRAINING

10 WEEK PROGRAM





About Murph

Murph is one of the longest Hero WODs and arguably the hardest.

The workout is:

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

About the Training

Most athletes need more than 40 minutes to complete Murph, and few show up prepared to work consistently for that amount of time. To get through Murph in one piece, this training program will address endurance as well as strength and speed. Similar to how a runner trains for a marathon, this program will help prepare you for Murph by incorporating the individual movements, gradually increasing the number of reps so that your body becomes accustomed to longer periods of time under tension. While the training plan will not have you do 300 squats in one day, it will prepare you for handling this volume during the actual event.





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Things to Consider

Facing reps in the triple digits is intimidating, even for experienced CrossFitters. To help build an athlete's endurance and confidence, this program will incorporate generous rest periods at first. As the program progresses, volume of reps will increase, as rest periods decrease. If you are a fast runner, we will encourage you to pace yourself. Resist the urge to PR your first mile. Instead, use a pace that you could realistically sustain for a 10K race.

Planning Your Attack

If you plan to wear a weighted vest, a tight fit is crucial. Find a vest that feels like it's a part of you during every movement. Murph is brutal on the body, but it's just as tough on the brain. While building endurance is essential, self-awareness and mental fortitude is just as important. It's not enough to simply "embrace the suck." You need to understand and anticipate it. This program will prepare you for this.

THE TIME TO START PREPPING IS NOW!
HERE IS YOUR PLAN!





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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 & 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, please click this [LINK](#) to watch a video for proper form.

HEALTHY HABITS

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



Workout 1.1

WEEK 1

WARM UP: 3 Rounds: NOT FOR TIME

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

4x 400m 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 supermans
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

2x 800m 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 supermans
10 push-ups
10 pull-ups

PART A: Movement Prep

3 Rounds
NOT FOR TIME

5 pull-ups
5 squats
5 push-ups
10 air squats
5 push-ups

PART B: CONDITIONING

4x 400m runs

Rest 3 minutes
between each run

Record interval times



Workout 2.1

WEEK 2

WARM UP: 3 Rounds: NOT FOR TIME

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

5x 400m 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 supermans
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

3x 800m 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 supermans
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

5x 400m runs

Rest 3 minutes
between each run

Record interval times



Workout 3.1

WEEK 3

WARM UP: 3 Rounds: NOT FOR TIME

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

5x 400m 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 supermans
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

4x 800m 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 supermans
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

6x 400m runs

Rest 2 minutes
between each run

Record interval times



Workout 4.1

WEEK 4

WARM UP: 3 Rounds: NOT FOR TIME

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

6x 400m 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 supermans
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

4x 800m 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 supermans
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

6x 400m runs

Rest 2 minutes
between each run

Record interval times



WEEK 5: RECOVERY WEEK

Workout 5.1

WARM UP: 3 Rounds: NOT FOR TIME

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

4x 400m 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 supermans
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

2x 800m 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 supermans
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

4x 400m runs

Rest 2 minutes
between each run

Record interval times



Workout 6.1

WEEK 6

WARM UP: 3 Rounds: NOT FOR TIME

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

6x 400m 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 supermans
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

4x 800m 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 supermans
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

5x 400m runs

Rest 1 minute
between each run

Record interval times



Workout 7.1

WEEK 7

WARM UP: 3 Rounds: NOT FOR TIME

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

4x 400m 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 supermans
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

2x 800m 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 supermans
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

2x 400m runs

Rest 2 minutes
between each run

Record interval times



Workout 8.1

WEEK 8

WARM UP:

**3 Rounds:
NOT FOR TIME**

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

2x 400m runs

Rest 2 minutes
between each run

Workout 8.2

WARM UP:

**3 Rounds:
NOT FOR TIME**

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

2x 1 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 supermans
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

4x 400m runs

Rest 2 minutes
between each run

Record interval times



WEEK 9: TAPER

Workout 9.1

WARM UP: 3 Rounds: NOT FOR TIME

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

4x 400m runs

Rest 2 minutes
between each run

Workout 9.2

WARM UP: 3 Rounds: NOT FOR TIME

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

4x 800m 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 supermans
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

4x 400m runs

Rest 2 minutes
between each run

Record interval times



Workout 10.1

WEEK 10: TAPER

WARM UP:

**3 Rounds:
NOT FOR TIME**

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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 1 mile runs

Rest 5 minutes
between each run

Workout 10.2

WARM UP:

**3 Rounds:
NOT FOR TIME**

10 Sampson stretch,
5 each leg
10 sit-ups
10 supermans
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

2x 800m 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 supermans
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

4x 400m runs

Rest 2 minutes
between each run

Record interval times



Event!

MURPH

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



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