

## Murph 8-week Self-Paced Training Plan

### Beginner

The goal is to complete a Mini Murph on Memorial Day, May 25th at 9:30 AM.

It involves:

- 1 mile walk/jog
- 50 TRX rows
- 100 push-ups
- 150 air squats
- Another 1 mile walk/jog

*Please reach out to any personal trainer if you need help with the moves or have questions about how to adapt to your fitness level.*

#### **Week 1 & 2.** April 1 to April 14.

Do 2 times a week

0.5 mile (800 m) walk or jog

10 rounds:

5 TRX rows

5 pushups

10 squats

0.5 mile (800 m) walk or jog

Total: 50 TRX rows, 50 pushups, 100 squats, 1 mile walk/jog

#### **Week 3** April 15 to April 21.

Do 2-3 times a week

0.75 mile (1200m) walk or jog

3 TRX rows, 8 push ups, 15 squats

5 TRX rows, 12 pushups, 20 squats

8 TRX rows, 20 pushups, 30 squats

10 TRX rows, 25 pushups, 45 squats

0.75 mile (1200m) walk or jog

Total: 26 TRX rows, 65 pushups, 110 squats, 1.5 mile walk/jog

#### **Week 4.** April 22 – April 28

Do 2-3 times a week

1 mile walk/jog

8 rounds:

5 TRX rows  
10 pushups  
20 squats  
1 mile walk/jog  
Total: 40 TRX rows, 80 pushups, 160 squats, 2 mile walk/jog

**Week 5** April 29 – May 5

Do 2-3 times a week

1 mile jog/walk  
10 rounds:  
4 TRX rows  
12 pushups  
20 squats  
1 mile jog/walk  
Total: 40 TRX rows, 120 pushups, 200 squats, 2 miles jog/walk

**Week 6** May 6 - May 12

Do 2-3 times a week

1 mile jog/walk  
5 rounds:  
10 TRX rows (increase intensity)  
20 pushups  
40 squats  
1 mile jog/walk  
Total: 50 TRX rows, 100 pushups, 200 squats, 2 miles jog/walk

**Week 7 & 8** May 13 - May 25

Do 2 times a week

1 mile jog/walk  
2 minute plank (on knees)  
5 TRX rows, 10 push ups, 20 squats  
10 TRX rows, 20 pushups, 40 squats  
15 TRX rows, 40 pushups, 80 squats  
10 TRX rows, 20 pushups, 40 squats  
5 TRX rows, 10 push ups, 20 squats  
2 minute plank (on knees)  
1 mile jog/walk  
Total: 45 TRX rows, 100 pushups, 200 squats, 2 miles jog/walk