

Murph 8-week Training Plan

Advanced

The goal is to complete a Mini Murph on Memorial Day, May 25th, at 8 AM.
It involves:

- A 1-mile jog
- 100 pull-ups
- 200 push-ups
- 300 air squats
- Another 1-mile jog

A weighted vest is mentioned in the plan. Find what works for you and feel free to use no vest and jog/run instead.

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.

Complete 2x a week

2 mile jog/run 8 rounds:

- 8 Pull-ups
- 20 pushups
- 35 squats

2 mile jog/run

Total: 64 pull-ups, 160 pushups, 280 squats, 4 mile jogging

Week 3. April 15 to April 21.

Complete 1 or 2 times a week with a slow pace. Do not max out.

3 mile easy jog +/- weighted vest

10 rounds:

- 10 pullups
- 20 pushups
- 30 squats

3 mile easy jog +/- weighted vest

Total: 100 pullups, 200 pushups, 300 squats, 6 miles easy jog +/- weighted vest

Week 4. April 22 - April 28
Complete 2-3 times a week.

5 miles easy jog + weighted vest
Every 6 minutes while wearing vest
- 20 pushups
- 20 squats

Week 5. April 29 - May 5.
Complete 2-3 times a week

2 mile run or walk with heavy vest
15 pull-ups, 30 pushups, 40 squats
15 pull-ups, 30 pushups, 40 squats
25 pull-ups, 40 pushups, 50 squats
25 pull-ups, 40 pushups, 50 squats
2 mile run or walk with heavy vest

Total: 80 pull-ups, 140 pushups, 180 squats, 4 miles running or walking with vest

Week 6. May 6 -12.
Complete 1 or 2 times a week
Find a friend to complete this. Grab a vest.

2 mile run or walk with heavy vest
3-min plank
25 overhead presses
3 minute plank
25 overhead presses
10 pull-ups, 30 pushups, 80 squats
15 pull-ups, 30 pushups, 80 squats
10 pull-ups, 30 pushups, 80 squats
15 pull-ups, 30 pushups, 80 squats
2 mile run or walk with heavy vest

Total: 50 pull-ups, 120 pushups, 320 squats, 4 miles running or walking with heavy vest, 50 overhead presses

Week 7. May 13 - May 19
Complete 2-3 times a week

3 minute plank

AMRAP 30 minutes:
- 5 pullups

- 10 pushups
- 25 squats

3 mile walk with heavy vest

Week 8. May 20 - May 25

Complete 2-3 times a week

100 dumbbell thrusters

100 4 count flutter kicks

5 rounds:

- 10 pullups
- 20 pushups
- 30 squats

100 sandbag thrusters

100 four count flutter kicks

Total: 50 pullups, 100 pushups, 150 squats, 200 dumbbell thrusters, 200 four count flutter kicks