

Murph 8-week Training Plan

Intermediate

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

For pull-ups use a band as assistance. You can do chin-ups or switch grip to alternate with overhand grip pull-ups. As you progress with your training, do more pull-ups than the other alternatives. Use TRX rows when necessary.

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 2-3 times a week

0.5 mile (800 m) jog

10 rounds:

4 Pull-ups

12 pushups

20 squats

0.5 mile (800 m) jog

Total: 40 pull-ups, 120 pushups, 200 squats, 1 mile jogging

Week 3 - April 15 to April 21

Do 2-3 times a week

1 mile jog

8 rounds:

8 Pull-ups

15 pushups

25 squats

1 mile jog

Total: 64 pull-ups, 120 pushups, 200 squats, 2 miles jogging

Week 4 - April 22 - April 28

Do 2 times a week

4 mile jog

Every 5 minutes:

5 pushups

10 squats

Week 5 - April 29 - May 5

Do 2-3 times a week

2 mile jog

10 pull-ups, 25 pushups, 40 squats

15 pull-ups, 30 pushups, 45 squats

20 pull-ups, 35 pushups, 50 squats

25 pull-ups, 40 pushups, 55 squats

2 mile jog

Total: 70 pull-ups, 130 pushups, 190 squats, 4 miles jogging

Week 6 - May 6 -12

Do 2-3 times a week

3 min plank

AMRAP 20 minutes

3 pull-ups

10 pushups

20 squats

2 mile jog

Week 7 & 8 - May 13 - May 25

Do 2-3 times a week

50 double dumbbell thrusters

10 rounds:

5 pull-ups

10 pushups

20 squats

50 double dumbbell thrusters

Total: 50 pull-ups, 100 pushups, 200 squats, 100 thrusters