

Interested in doing the Murph workout to honor Lieutenant Michael Murphy this year? Whether your goal is to improve your best score, finish the workout, or improve your fitness enough to participate in some form of the workout, there are some workouts here for you! This training plan includes three levels of programming to reflect the previously mentioned goals, and these workouts can be used in conjunction with your current training plan or on their own! The Murph is listed to the right and can be done with a vest, straight through, or in a rounds-for-time format in which the runs are completed as bookends and the middle exercises are partitioned as needed. Let's get after it! - Chandler

MURPH: THE WORKOUT

Run 1 mile
 100 Pull-Ups
 200 Push-Ups
 300 Air Squats
 Run 1 mile

1	2
Beginner: Run/walk 1.5 mile Intermediate: Run 1 mi / walk 2 mi / Run 1 mi Expert: Run 2 miles / Walk 1 miles / Run 2 miles	All: 4 Rounds 1 min Push-Ups 1 min Air Squats 1 min Rest Score is total reps Intermediate/Expert: 5 min AMRAP 10 Pull-Ups

3	4	5	6	7	8	9
REST DAY If you're going to move, try to keep the intensity low (Heart rate at 140 BPM or lower). Think walking, mowing the lawn, etc. If you do more, make sure you can recover from it!	Beginner: At 0 min, run 1 mile for time. Walk/Run 2 miles at an easy pace afterwards Intermediate: At 0 min and 10 minutes, run 1 mile, jog 2 miles at an easy pace after both miles complete Expert: At 0/10/20 minutes, run 1 mile. Walk 1 mile for cool down after	Beginner: Every Minute on the Minute (EMOM) for 10 minutes, do a max dead hang bar hold Once complete, rest 10 mins Accumulate 50-75 push-ups <i>(Sub kneeling push-ups if necessary)</i> All others: EMOM 10 mins 6-10 Strict Pull-Ups Rest 10 minutes Tabata Push-Ups 8 rounds: 20 sec on 10 sec rest	All: 4 Rounds for Time Run 300m Lunge 100m Beginner: Walk 1.5 miles after Intermediate/Expert: Run an easy three miles after	REST DAY	All: Run 800m. Rest an amount equal to the length of your run, and try to pace the runs to where they all take around the same time Beginner: 4 rounds Intermediate: 6-8 rounds Expert: 10 rounds	All: 15 Hand Release Push-Ups 15 Seconds Push-Up Plank 15 Burpees 15 Seconds Push-Up Plank Beginner: 4 rounds of above Intermediate/Expert: 6 rounds of above
10	11	12	13	14	15	16
REST DAY	All: "Cindy" As Many Rounds as Possible (AMRAP) in 20 min 5 Pull-ups <i>(Substitute: bent over rows)</i> 10 Push-ups <i>(Substitute: knee push-ups)</i> 15 Air Squats	REST DAY	Experts: With Vest All: For Time - 10/9/8/7...1 Jumping Lunges Burpees Hand Release Push-Ups Rest 10 minutes THEN Beginners: Jog 1 mile Intermediate/Expert: Run 1.5 miles	REST DAY	All: Run for the entirety of your goal time for Murph. Pick a pace you can both sustain for that duration and that you can recover from.	All: 4 Rounds 1 min Push-Ups 1 min Air Squats 1 min Rest Score is total reps Rest 10 minutes THEN Intermediate/Expert: 5-minute AMRAP 10 Pull-Ups
17	18	19	20	21	22	23
REST DAY	Beginner: At 0 min, run 1 mile for time. Walk/Run 2 miles at an easy pace after Intermediate: At 0 min and 10 mins run 1 mile. Jog 2 miles at an easy pace after both miles complete Expert: At 0/10/20 minutes, run 1 mile. Walk 1 mile after	All: 15 Hand Release Push-Ups 15 Seconds Push-Up Plank 15 Burpees 15 Seconds Push-Up Plank Beginner: 4 rounds of above Intermediate/Expert: 6 rounds of above	All: 4 Rounds for Time Run 400m 50 Air Squats Once complete, rest 10 min THEN Beginner: Run 1 mile Intermediate/Expert: Run 2 miles	REST DAY	All: Walk for at least 30 minutes. Hydrate and stretch. Look up the story of LT Murphy so that you've got something to draw motivation from when the workout gets toughest.	MURPH Run 1 mile 100 Pull-Ups 200 Push-Ups 300 Air Squats Run 1 mile

*Chandler Smith is a U.S. Army Officer, 2x CrossFit Games athlete, placed 15th at the 2019 CrossFit Games, and NWCA Division 1 Academic All American.