

The 6-month Workup to the Murph Workout

Month 1: The Wimpy Murph

Daily, for time

1) Quarter-mile run

5 sets of each:

2) 5 overhead presses using two 8-lb weights / 25 total

3) 10 pushups from knees or wall / 50 total

4) 15 squats / 75 total

Last:

5) Quarter-mile run again

Month 3: The Apprentice Murph

Daily, for time

1) 3/4-mile run

5 sets of each:

2) 15 overhead presses using 40-lb bar / 75 total

3) 15 pushups from knees or wall, and 15 regular pushups / 150 total

4) 45 squats / 225 total

Last:

5) 3/4-mile run again

The Whole Murph

Daily, for time

Do all of the following wearing a 20-lb weight vest

1) 1-mile run

4 sets of each:

2) 25 Pull-Ups / 100 total

3) 50 Push-Ups / 200 total

4) 75 Squats / 300 total

Last:

5) 1-mile run again

Month 2: The Half-Murph

Daily, for time

1) Half-mile run

5 sets of each:

2) 10 overhead presses using two 10-lb weights / 50 total

3) 10 pushups from knees or wall, and 10 regular pushups / 100 total

4) 25 squats / 125 total

Last:

5) Half-mile run again

Month 4: The Journeyman Murph

Daily, for time

1) 1-mile run

5 sets of each:

2) 20 overhead presses using 40-lb bar / 100 total

3) 20 pushups from knees or wall and 20 regular / 200 total

4) 60 squats / 300 total

Last:

5) 1-mile run again

And if you dare.....

The Monster Murph

Daily, for time

Do all of the following wearing a 20-lb weight vest

1) 1.5-mile run

3 sets of each:

2) 50 pull-ups / 150 total

3) 100 push-ups / 300 total

4) 150 squats / 450 total

Last:

5) 1.5-mile run again