

# 6 Week Murph Training Plan

| 6 WEEK MURPH PREP GUIDE |  |                                   |  |   |
|-------------------------|--|-----------------------------------|--|---|
|                         | Monday   | Tuesday                           | Thursday   | Friday  |
| Week 1                  | 3 Rounds:<br>10 Pull-ups<br>20 Push-ups<br>30 Air squats             | Run 200m,<br>Walk 1 minute<br>x8  |  | 5 Rounds:<br>6 Pull-ups<br>12 Push-ups<br>18 Air squats<br>400m Run |
| Week 2                  | 9 Rounds:<br>5 Pull-ups<br>10 Push-ups<br>15 Air squats<br>200m Run  |                                   | 3 Rounds:<br>15 Pull-ups<br>20 Push-ups<br>45 Air squats<br>800m Run |   |
| Week 3                  | 10 Rounds:<br>6 Pull-ups<br>12 Push-ups<br>18 Air squats             | Run 800m,<br>Walk 2<br>minutes x3 |  | Run 800m,<br>Walk 2<br>minutes x4                                   |
| Week 4                  | 3 Rounds:<br>20 Pull-ups<br>40 Push-ups<br>60 Air Squats<br>800m Run |                                   | Run 1600m,<br>Walk 5<br>minutes x2                                   |   |
| Week 5                  | 3 Rounds:<br>25 Pull-ups<br>50 Push-ups<br>75 Air Squats             | Run 800m,<br>Walk 3<br>minutes x5 |  | Run 1600m,<br>Walk 5<br>minutes x2                                  |
| Week 6                  | 10 Rounds:<br>9 Pull-ups<br>18 Push-ups<br>27 Air squats<br>200m Run |                                   | Run 1600m,<br>Walk 4<br>minutes x2                                   |   |
| Week 7                  | MURPH  |                                   |  |   |



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**6 week murph training plan** is designed to help individuals prepare for the challenging Murph workout, which consists of running, pull-ups, push-ups, and squats. This iconic workout honors Navy Lieutenant Michael Murphy and is a

staple in the CrossFit community. Preparing for the Murph requires a structured and progressive training approach to build endurance, strength, and mental toughness. In this article, we'll break down a comprehensive six-week training plan, highlight key workouts, offer tips for success, and explore the importance of recovery.

## Understanding the Murph Workout

Before diving into the training plan, it's essential to understand the components of the Murph workout. The classic Murph consists of:

- 1-mile run
- 100 pull-ups
- 200 push-ups
- 300 air squats
- 1-mile run

To increase the challenge, many participants choose to wear a 20-pound weight vest during the workout. This workout not only tests physical endurance but also mental resilience, making it crucial to prepare adequately.

## Overview of the 6 Week Murph Training Plan

The 6-week training plan is structured to gradually increase difficulty and volume, promoting adaptation and preventing injury. Each week will focus on different aspects of fitness, including strength training, endurance, and rest.

### Week 1: Foundation Building

Focus on developing a baseline level of fitness and getting familiar with the Murph components.

- **Monday:** 1 mile run + Mobility work (15 mins)
- **Wednesday:** Strength Day: 3 rounds of 5 pull-ups, 10 push-ups, 15 air squats
- **Friday:** Endurance Day: 800m run + 50 pull-ups (assisted if needed) + 100 push-ups + 150 air squats
- **Saturday:** Active Recovery: Light yoga or stretching

## Week 2: Increasing Volume

Start to increase the volume of each exercise while maintaining good form.

- **Monday:** 1.5-mile run + Core workout (planks, sit-ups)
- **Wednesday:** Strength Day: 4 rounds of 6 pull-ups, 12 push-ups, 18 air squats
- **Friday:** Endurance Day: 1 mile run + 75 pull-ups (assisted if needed) + 150 push-ups + 200 air squats
- **Saturday:** Active Recovery: Swimming or cycling (30 mins)

## Week 3: Introduction of Weight Vest

Introduce the weight vest to build strength and endurance under load.

- **Monday:** 1-mile run with weight vest + Mobility work
- **Wednesday:** Strength Day: 3 rounds of 8 pull-ups with weight vest, 15 push-ups, 20 air squats
- **Friday:** Endurance Day: 1 mile run with weight vest + 50 pull-ups + 100 push-ups + 150 air squats
- **Saturday:** Active Recovery: Stretching and foam rolling

## Week 4: Endurance Focus

This week emphasizes longer runs and higher volume for bodyweight exercises.

- **Monday:** 2-mile run + Core workout
- **Wednesday:** Strength Day: 4 rounds of 10 pull-ups with weight vest, 15 push-ups, 25 air squats
- **Friday:** Endurance Day: 1.5-mile run with weight vest + 75 pull-ups + 150 push-ups + 200 air squats
- **Saturday:** Active Recovery: Light jogging or yoga

## Week 5: Peak Training

This is the most challenging week, focusing on simulating the Murph workout.

- **Monday:** 2-mile run with weight vest + Mobility work
- **Wednesday:** Mini-Murph: 1-mile run + 50 pull-ups + 100 push-ups + 150 air squats + 1-mile run
- **Friday:** Full Murph Simulation: Complete the workout with weight vest (if comfortable) or without
- **Saturday:** Active Recovery: Rest and hydration focus

## Week 6: Tapering and Recovery

In the final week, reduce intensity and volume to allow the body to recover before the big day.

- **Monday:** 1-mile easy run + Stretching
- **Wednesday:** Light strength workout: 3 rounds of 5 pull-ups, 10 push-ups, 15 air squats
- **Friday:** Practice run: 1-mile run at a comfortable pace
- **Saturday:** Rest and prepare mentally for the Murph workout

## Tips for Success in Your 6 Week Murph Training Plan

1. **Listen to Your Body:** If you experience pain or extreme fatigue, take an extra rest day or modify the workouts.
2. **Hydration and Nutrition:** Proper hydration and a balanced diet are essential for recovery and performance. Focus on whole foods, lean proteins, and adequate carbohydrates.
3. **Warm-Up and Cool Down:** Always include warm-ups and cool-downs in your training sessions to prevent injuries and promote flexibility.
4. **Mental Preparation:** The Murph workout is as much a mental challenge as a physical one. Visualization techniques and positive affirmations can enhance performance.
5. **Community Support:** Consider training with a partner or a group; accountability and camaraderie can enhance motivation and enjoyment.

## Importance of Recovery

Recovery is a critical component of any training plan. During the 6-week Murph training plan, ensure you allocate time for proper recovery practices:

- **Active Recovery:** Engage in low-impact activities like walking, swimming, or yoga on rest days.
- **Sleep:** Aim for 7-9 hours of quality sleep each night to facilitate muscle recovery.
- **Nutrition:** Consume post-workout meals rich in protein and carbohydrates to replenish glycogen stores and repair muscle tissue.

## Conclusion

A well-structured **6 week murph training plan** can help you conquer the Murph workout with confidence. By following the outlined weekly structure, focusing on building endurance and strength, and prioritizing recovery, you will be well-prepared to honor Lieutenant Michael Murphy and achieve your fitness goals. Remember, consistency is key, and with dedication, you can successfully complete the Murph and come out stronger on the other side.

## Frequently Asked Questions

### What is the Murph workout and why is it popular?

The Murph workout is a CrossFit Hero WOD named after Navy Lieutenant Michael P. Murphy. It consists of a 1-mile run, 100 pull-ups, 200 push-ups, 300 air squats, and another 1-mile run, often performed while wearing a weighted vest. It is popular for its combination of endurance, strength, and mental toughness.

### What should I include in my 6-week Murph training plan?

A 6-week Murph training plan should include a mix of running, bodyweight exercises (pull-ups, push-ups, air squats), and recovery days. Incorporate progressively increasing intensity and volume, along with rest days to prevent injury and ensure recovery.

### How can I scale the Murph workout if I'm a beginner?

Beginners can scale the Murph workout by performing the exercises with reduced repetitions, using bands for pull-ups, or substituting push-ups with knee push-ups. Additionally, you can separate the workout into smaller sets or perform the workout without a weighted vest.

### What types of workouts should I focus on each week during my training?

Focus on endurance runs, strength training for upper body and core (especially for pull-ups and push-ups), and metabolic conditioning workouts that combine running with bodyweight exercises. Incorporate interval training for cardio and strength-based workouts to improve overall performance.

How can I track my progress throughout the 6-week training plan?

You can track your progress by logging your workouts, noting the time it takes to complete each workout, and recording the number of repetitions and sets completed for each exercise. Additionally, using a fitness app or journal can help you visualize improvements over time.

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