

Murph Training Plan For Beginners



Murph training plan for beginners is an excellent introduction to the world of functional fitness, combining elements of strength, endurance, and mental toughness. Named after Lieutenant Michael Murphy, a Navy SEAL who was awarded the Medal of Honor posthumously for his courageous actions in Afghanistan, the Murph workout is a tribute that also serves as a challenging fitness test. This article will guide you through the Murph workout, its benefits, and how to structure a training plan suitable for beginners.

Understanding the Murph Workout

The traditional Murph workout consists of the following elements:

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

This workout is often performed while wearing a weighted vest (20 lbs for men and 14 lbs for women), although beginners can start without one. The workout is typically completed for time, meaning participants aim to finish as quickly as possible.

Benefits of the Murph Workout

The Murph workout is not just a test of physical ability; it also offers numerous benefits:

1. Full-Body Workout

The Murph workout engages multiple muscle groups and promotes overall body strength and endurance. Pull-ups work the back and arms, push-ups target the chest and triceps, and air squats focus on the legs and glutes. The running component enhances cardiovascular health.

2. Mental Toughness

Completing the Murph workout requires significant mental fortitude. The sheer volume of repetitions can be daunting, and finishing the workout can build confidence and resilience.

3. Community and Camaraderie

The Murph workout is often performed in groups, particularly on Memorial Day to honor fallen soldiers. This communal aspect fosters support and motivation among participants.

Getting Started: The Murph Training Plan for Beginners

Before diving into the Murph workout, beginners should establish a solid fitness foundation. Below is a step-by-step training plan that spans eight weeks, focusing on building strength, endurance, and familiarity with the workout components.

Week 1-2: Building a Base

During the first two weeks, your goal is to build a basic level of fitness.

1. **Frequency:** 3-4 days per week
2. **Focus:** Build endurance and strength
3. **Sample Workout:**
 - Day 1:
 - 10-minute jog
 - 3 rounds of:
 - 5 pull-ups (or assisted pull-ups)
 - 10 push-ups (or knee push-ups)
 - 15 air squats

- 10-minute jog
- Day 2: Rest or light activity (walking, yoga)
- Day 3: Repeat Day 1
- Day 4: Optional cardio day (swimming, cycling, etc.)

Week 3–4: Increasing Intensity

In weeks three and four, you will increase the intensity and volume of your workouts.

1. **Frequency:** 4-5 days per week
2. **Focus:** Increase repetitions and running distance
3. **Sample Workout:**

- Day 1:
 - 15-minute jog
 - 4 rounds of:

- 7 pull-ups (or assisted pull-ups)
- 15 push-ups (or knee push-ups)
- 20 air squats

- 15-minute jog

- Day 2:

- Cross-training (cycling, swimming, etc.) for 30 minutes

- Day 3: Repeat Day 1

- Day 4:

- 20-minute run at a steady pace

- Day 5: Rest or light activity

Week 5–6: Specialization on Murph Components

In weeks five and six, focus on the individual components of the Murph workout.

1. **Frequency:** 5-6 days per week

2. **Focus:** Specific training for pull-ups, push-ups, and squats

3. **Sample Workout:**

- Day 1:

- 1-mile run

- 5 rounds of:

- 10 pull-ups

- 20 push-ups

- 30 air squats

- 1-mile run

- Day 2:

- Strength training focusing on upper body and legs
- Day 3: Repeat Day 1
- Day 4:
 - 1-mile time trial run
- Day 5: Rest or light activity
- Day 6: Optional active recovery (yoga, stretching)

Week 7–8: Mock Murph and Recovery

In the final two weeks, you will perform a mock Murph workout and allow for recovery.

1. **Frequency:** 4-5 days per week
2. **Focus:** Mock workouts and tapering
3. **Sample Workout:**

- Week 7, Day 1:

- Perform a full Murph workout without a vest

- Week 7, Day 2:

- Active recovery (walking, light stretching)

- Week 7, Day 3:

- Strength training for upper body and legs

- Week 8, Day 1:

- Another mock Murph workout, aiming to improve time

- Week 8, Days 2-5:

- Rest and active recovery, preparing for the final challenge

Tips for Success

To get the most out of your Murph training, consider the following tips:

1. Listen to Your Body

As you progress through your training, pay attention to how your body feels. Rest days are essential for recovery, especially when increasing intensity.

2. Focus on Form

Proper technique is crucial for preventing injuries and maximizing the effectiveness of your workout. Work with a coach or experienced trainer to ensure you're performing exercises correctly.

3. Stay Hydrated and Eat Well

Proper nutrition and hydration support your training efforts. Focus on a balanced diet rich in whole foods, lean proteins, healthy fats, and plenty of fruits and vegetables.

4. Find a Training Partner

Having a workout buddy can boost motivation and accountability. You can encourage each other and share the challenge of the Murph workout.

5. Set Realistic Goals

As a beginner, it's essential to set achievable goals for your Murph workout. Focus on completing the

workout, and over time, aim to improve your time and performance.

Conclusion

The Murph training plan for beginners is a structured approach to building the strength, endurance, and mental toughness needed to complete this challenging workout. By following the outlined eight-week plan, incorporating proper nutrition, and listening to your body, beginners can successfully prepare for the Murph workout while paying tribute to a hero. Embrace the challenge, and remember to celebrate your progress along the way.

Frequently Asked Questions

What is the Murph training plan?

The Murph training plan is a high-intensity workout typically performed on Memorial Day, consisting of a 1-mile run, 100 pull-ups, 200 push-ups, 300 squats, and another 1-mile run, usually done while wearing a weighted vest.

Is the Murph workout suitable for beginners?

Yes, the Murph workout can be modified for beginners by scaling the number of repetitions, performing assisted pull-ups, or breaking the workout into smaller sets.

How can beginners prepare for the Murph workout?

Beginners can prepare by gradually building their endurance and strength through running, bodyweight exercises, and progressively increasing the number of reps they perform.

What are some beginner-friendly modifications for the Murph?

Beginners can reduce the total repetitions, perform push-ups on their knees, use resistance bands for pull-ups, or substitute exercises like jumping jacks for squats.

How long does it take to complete the Murph workout for beginners?

Completion time varies, but beginners may take anywhere from 40 minutes to over an hour, depending on their fitness level and modifications used.

Do I need to wear a weighted vest for the Murph?

No, beginners are not required to wear a weighted vest. It's recommended to complete the workout without one until you build sufficient strength and endurance.

What is a good training schedule leading up to the Murph?

A good training schedule could include three days of strength training, two days of running, and one day of rest each week, gradually increasing intensity as the event approaches.

Can I do the Murph workout indoors?

Yes, the Murph workout can be modified to be done indoors, especially with bodyweight exercises. You can run on a treadmill and use pull-up bars or sturdy furniture.

What should I eat before doing the Murph workout?

A balanced meal or snack rich in carbohydrates and protein, such as oatmeal with fruit or a protein shake, about 1-2 hours before the workout is recommended.

How can I track my progress while training for the Murph?

You can track your progress by logging your times, repetitions, and modifications in a workout journal or using fitness apps to monitor improvements over time.

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