



MURPH PREP, 2026

DATES	Session 1	Session 2
Week 1 April 13th	Strength 5 Sets 3-5 Strict Pull ups with negative 5-10 Push ups with negative 10-15 Air Squats with negative Rest 1:30-2:00 Between Sets	Running 6 x 400m @ Moderate pace 1:00 Walking Rest Moderate pace = 5-8km Pace. Very comfortable for 400m repeats
Week 2 April 20th	Strength Endurance Every 2:00 x 6 Rounds Rounds of: 5 Pull ups 10 Push ups 15 Air Squats	Running 3 Rounds 800m run @ Moderate pace 400m run @ Faster pace 200m Walking Rest
Week 3 April 27th	Gymnastics Conditioning “Cindy” AMRAP 20 5 Pull ups 10 Push ups 15 Air Squats	1. Running, With a Weight Vest 4 x 200m run @ Moderate to Easy Pace 4 x 200m run @ 2km Pace (RPE 7/10 for 200m) Rest 1:00 between runs
Week 4 May 4th	Strength Endurance 4 Rounds 400m Run 10 Pull ups 20 Push ups 30 Air Squats 400m Run Rest 3:00	1. Gymnastics Conditioning, Unweighted Every 1:30 x 8, With weight vest 5-10 Push ups 200m Run
Week 5 May 11th	Running Conditioning 1 Mile Run with a weight vest 3:00 Walking Rest 1200m Run 2:00 Walking Rest 800m Run 1:00 Walking Rest 400m Run	Murph Conditioning 2 Sets with a weight vest 800m Run Right into: 6 Rounds 5 Pull ups 10 Push ups 15 Air Squats Right into: 800m Run Rest 4:00
Week 6 May 18th	Murph Strategy Test With a weighted vest 30-50 Pull Ups 40-60 Push-ups 60-80 Air squats 800m Run This should be broken up in desired strategy	Recovery 15:00-20:00 Zone 2 Bike
Week 7 May 25th	“MURPH”	