7 Week Murph Prep Workout Plan

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| Week | PreTrain | Group Train (Will Be Mondays) |
| 1 | Running 1-3 Miles (2 Days)  Calisthenics (1 Day)  (4 sets of) :  Pushups 20-30  Pullups 1-5  Squats 20-30 | 1 Mile run  Supp./Modify as necessary  25 Pullups  100 pushups  100 squats  1 mile run |
| 2 | Running 1-3 Miles (1 Day)  Calisthenics (2 Days)  (4 sets of) :  Pushups 20-30  Pullups 3-6  Squats 25-35 | 2 Mile run  Supp./Modify as necessary  25 Pullups  100 pushups  100 squats |
| 3 | Running 1-3 Miles (2 Days)  Calisthenics (1 Day)  (4 sets of)  Pushups 20-30  Pullups 3-6  Squats 25-35 | 1 Mile run  Max Pull ups  Max Push ups  Max Squats  Then 3 sets of  Pull Ups -5  Push Ups -10  Squats -15  1 mile run |
| 4 | Burpees (25-50) (2 days)  1 Mile run (1 day)  Supp./Modify as necessary  25 Pullups  100 pushups  100 squats  1 mile run | Filthy 50  10 exercises 50 reps  Pullups –(jumpers)  Pushups  Squat Throws  Burpees  Crunches  Squats  Walking Lunge  Dips  DB Military Press  Flutter kicks |
| 5 | Run 1-3 miles ( 1 day)  Weights (2 days)  Weighted Bench Press 4 x 15-20  Weighted Squats 4 x 15-20  DB Shoulder: 2 sets  10 to front  10 to side  10 cross in front  10 press  Planks 3 x 30 – 60 seconds | 21-15 -9  Pull ups and Burpees |
| 6 | Run 1-3 miles (2 days)  Calisthenics (1 day)  Dips 15 – 25  Abs x 25  Pull ups 5-10  Abs x 25  Squats 15 – 25  Abs x 25  Push Ups 20-30  Abs x 25 | 5 Rounds  10 pullups  20 burpees  30 pushups  40 lunges  50 abs |
| 7 | Run 1-3 miles (1day) | Murph  1 mile run  20 sets of  5 pullups  10 pushups  15 squats  1 mile run |