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 20-30Pullups 1-5Squats 20-30 | 1 Mile runSupp./Modify as necessary 25 Pullups100 pushups100 squats1 mile run |
| 2 | Running 1-3 Miles (1 Day)Calisthenics (2 Days) (4 sets of) :Pushups 20-30Pullups 3-6Squats 25-35 | 2 Mile runSupp./Modify as necessary 25 Pullups100 pushups100 squats |
| 3 | Running 1-3 Miles (2 Days)Calisthenics (1 Day) (4 sets of) Pushups 20-30Pullups 3-6Squats 25-35 | 1 Mile runMax Pull upsMax Push upsMax SquatsThen 3 sets of Pull Ups -5Push Ups -10Squats -151 mile run |
| 4 | Burpees (25-50) (2 days)1 Mile run (1 day)Supp./Modify as necessary 25 Pullups100 pushups100 squats1 mile run | Filthy 5010 exercises 50 repsPullups –(jumpers)PushupsSquat ThrowsBurpeesCrunchesSquatsWalking LungeDipsDB Military PressFlutter kicks |
| 5 | Run 1-3 miles ( 1 day)Weights (2 days)Weighted Bench Press 4 x 15-20Weighted Squats 4 x 15-20DB Shoulder: 2 sets10 to front10 to side10 cross in front 10 pressPlanks 3 x 30 – 60 seconds | 21-15 -9Pull ups and Burpees |
| 6 | Run 1-3 miles (2 days)Calisthenics (1 day) Dips 15 – 25Abs x 25Pull ups 5-10Abs x 25Squats 15 – 25Abs x 25Push Ups 20-30Abs x 25 | 5 Rounds10 pullups20 burpees30 pushups40 lunges50 abs |
| 7 | Run 1-3 miles (1day) | Murph1 mile run20 sets of 5 pullups 10 pushups15 squats1 mile run |