



Welcome to Team Misfit Murph Prep 2022

The goal of this program is to provide a structured progression to allow athletes the best chance to safely complete the most challenging but appropriate version of the hero workout, “Murph”. This program consists of 4 training days that are designed to be done on the weekends leading up to Memorial Day. Athletes who are consistent in their class attendance should have no issues completing the program as written and will serve an excellent “sport specific” training program to allow them to do their best in Murph with minimal risk for injury or excessive soreness. Athletes should not ADD these training pieces to their current training, but instead should substitute them for a class. Affiliates - feel free to coordinate group Murph prep, as we’ve included general warm ups and cool downs as well as coach’s notes.

As with any good program, we’ve provided some scaling options so that coaches can assist athletes in determining the best way to prepare for Murph. Step 1, however, is making an honest assessment of what “version” of Murph an athlete intendeds to perform on Memorial Day. Some will want to perform the full, unpartitioned version in a vest while others may require reduced running distances and gymnastics volume. This prep program isn’t necessarily designed to increase an athlete’s fitness in 4 training sessions, but instead prepare them for what should be a more intense and difficult challenge than they might normally face in a normal workout.

A note on execution: if you’re a coach, demand mechanics and consistency in movements before allowing a high volume. Athletes: hold yourself to a high standard of movement quality and range of motion. There is absolutely nothing wrong with scaling Murph by performing ring rows, banded push ups, and squats to a medicine ball. How close you are to the written version of the workout is far less important than the energy and respect you give the workout, so hold yourself to the same high standard that someone like Murph would have held himself to.

Good luck!

MEDAL OF HONOR CITATION, LT LIEUTENANT MICHAEL P. MURPHY UNITED STATES NAVY

For service as set forth in the following

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty as the leader of a special reconnaissance element with naval special warfare task unit Afghanistan on 27 and 28 June 2005. While leading a mission to locate a high-level anti-coalition militia leader, Lieutenant Murphy demonstrated extraordinary heroism in the face of grave danger in the vicinity of Asadabad, Konar province, Afghanistan. On 28 June 2005, operating in an extremely rugged enemy-controlled area, Lieutenant Murphy's team was discovered by anti-coalition militia sympathizers, who revealed their position to Taliban fighters. As a result, between 30 and 40 enemy fighters besieged his four-member team. Demonstrating exceptional resolve, Lieutenant Murphy valiantly led his men in engaging the large enemy force. The ensuing fierce firefight resulted in numerous enemy casualties, as well as the wounding of all four members of the team. Ignoring his own wounds and demonstrating exceptional composure, Lieutenant Murphy continued to lead and encourage his men. When the primary communicator fell mortally wounded, Lieutenant Murphy repeatedly attempted to call for assistance for his beleaguered teammates. Realizing the impossibility of communicating in the extreme terrain, and in the face of almost certain death, he fought his way into open terrain to gain a better position to transmit a call. This deliberate, heroic act deprived him of cover, exposing him to direct enemy fire. Finally achieving contact with his headquarters, Lieutenant Murphy maintained his exposed position while he provided his location and requested immediate support for his team. In his final act of bravery, he continued to engage the enemy until he was mortally wounded, gallantly giving his life for his country and for the cause of freedom. By his selfless leadership, courageous actions, and extraordinary devotion to duty, Lieutenant Murphy reflected great credit upon himself and upheld the highest traditions of the United States naval service.

– Signed George W. Bush

“Murph”

For time

Run 1 Mile

100 Pull Ups

200 Push Ups

300 Air Squats

Run 1 mile

If you have a 20/14lb vest or body armor, wear it.



Murph Prep 2022

Memorial Day “Murph” Prep 2022

	Day 1 - Weekend of April 30th	Day 2 - Weekend of May 7th	Day 3 - Weekend of May 14th	Day 4 - Weekend of May 21st
Warm Up	<p>10 Minute Jog, faster every 2:30 Then, 5 Rounds 10 Ring Rows 6 Burpees 6 Air Squats</p> <p>Perform last rounds 3-5 with a vest.</p>	<p>10 Minute Jog, faster every 2:30 Then, AMRAP 5 Minutes 4 Inchworms + 1 Push Up 6 Strict Pullups 8 Good For You's (2 Lunges + 1 Air Squat)</p> <p>Perform 1 round without a vest then wear a vest for the remaining</p>	<p>10 Minute Jog, faster every 2:30 Then, Alternating Tabata 9 Rounds-3 each (:20 on :10 off)</p> <p>A. Ring Rows (pull ups on last round) B. Squat Hold (air squats on last round) C. Scap Push Ups (push ups on last round)</p>	<p>10 Minute Jog, faster every 2:30 Then, Alt. EMOM 9 Minutes A. 10 Tempo Push Ups* B. 8 Seated Box Jumps for explosiveness C. 10 Calorie Air Bike *Tempo to the ground, fast on the way up</p>
Metcon	<p>For Time Run 400m, then 4 Rounds of: 5 Pull Ups 10 Push Ups 15 Squats Then, Run 400m, then 4 Rounds of 5 Pull Ups 10 Push Ups 15 Squats Then, Run 400m</p> <p>If you plan to perform Murph with a vest, wear one.</p> <p>Post workout: Single Lax ball smash pecs and foam roll quads, glutes, and lats.</p>	<p>For Time Run 400m, then 5 Rounds of: 5 Pull Ups 10 Push Ups 15 Squats Then, Run 800m, then 5 Rounds of: 5 Pull Ups 10 Push Ups 15 Squats Then, Run 400m</p> <p>If you plan to perform Murph with a vest, wear one.</p> <p>Post workout: Single Lax ball smash pecs and foam roll quads, glutes, and lats.</p>	<p>For Time Run 800m, then 4 Rounds of: 10 Pull ups 20 Push Ups 30 Squats Then, Run 800m, then 3 Rounds of: 10 Pull ups 20 Push Ups 30 Squats Then, Run 800m</p> <p>If you plan to perform Murph with a vest, wear one.</p> <p>Post workout: Single Lax ball smash pecs and foam roll quads, glutes, and lats.</p>	<p>For Time Run 1 Mile 75 Pull Ups 150 Push Ups 225 Squats Run 1 mile</p> <p>If you plan to perform Murph with a vest, wear one.</p> <p>Post workout: Single Lax ball smash pecs and foam roll quads, glutes, and lats.</p>
Notes	<p>Prep Focus: Perfect rep accumulation while getting acclimated to wearing a vest.</p> <p>Scaling, from least scaled to most scaled: - No vest - Reduce rep scheme to 4-8-12 or 3-6-9. - Reduce run distances to 200m.</p> <p>Notes: We are looking to simply get into the groove of Murph-like movements while easing ourselves into the volume. Athletes shouldn't jump ahead in the progression. The 5-10-15 rep scheme should allow athletes to move steadily through with minimal sticking points. Athletes who intend to perform the entire workout on Memorial Day should be able to demonstrate flawless movement at less than 50% the total volume.</p>	<p>Prep Focus: Slight increase in total volume and perfect rep accumulation while getting acclimated to wearing a vest.</p> <p>Scaling, from least scaled to most scaled: - No vest - Perform the 5 round portions as a reduced rep scheme of 4-8-12 or 3-6-9. - Reduce run distances to 200m & 400m.</p> <p>Notes: This piece is essentially a Half-Murph, but that doesn't mean it will be easy. The 5-10-15 rep scheme should allow athletes to move steadily through both sets of 5 rounds with minimal sticking points. Athletes who intend to perform the entire workout on Memorial Day should be able to demonstrate flawless movement at 50% of the total volume.</p>	<p>Prep Focus: Increased gymnastics and running volume with larger sets.</p> <p>Scaling, from least scaled to most scaled: - No vest - Perform the 7 total rounds a reduced rep scheme based on capacity (5-10-15, or less) - Reduce run distances to 400m, or a combination of 400/800/400m - For athletes intending to perform Murph partitioned, consider a rep scheme of 10 pull ups, 10 push ups, 30 squats, 10 push ups in order to break up the push ups (a common sticking point for athletes).</p> <p>Notes: We've increased the volume from last week with the goal of maintaining similar movement speed. Bigger sets means athletes may have to break things up a bit more which is perfectly fine, however movement quality must still be the priority.</p>	<p>Prep Focus: Getting comfortable with high volume, unpartitioned gymnastics. Athletes should take note of what strategy may work best for them for Memorial Day.</p> <p>Scaling, from least scaled to most scaled: - No vest - Reduce the volume of the gymnastics portion to 50-100-150 if an unpartitioned rep scheme is desired, otherwise perform a 20 minute AMRAP of larger sets than last week. - Reduce run distances to 800m or less on both ends of the workout as needed. - Goal is for athletes to accumulate the most volume so far, but still not a “full Murph”.</p> <p>Notes: while the written volume isn't a massive jump from last week, the stimulus of giant sets of gymnastics unpartitioned will elicit a very different training stimulus. Once again, if any athlete plans to do Murph as written, they must demonstrate the mechanics and consistency to perform a high volume of gymnastics. Performing all of the written reps in Murph but with poor range of motion and movement standards is not performing Murph. Good luck!</p>