



MEMORIAL DAY

MURPH

4-WEEK PROGRAM

“MURPH”

For Time

1 Mile Run

100 Pull-ups

200 Push-ups

300 Air Squats

1 Mile Run

****With a 20lb Vest or Body
Armor**

Objective

- Increase muscular endurance in pull-ups, push-ups, and air squats
 - Increase cardiovascular endurance
 - Understand the importance of a weighted vest and how it can improve your overall fitness
 - Learn the history of who Lt. Murphy was and how he became a hero for his country
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The Story of Lt. Murphy

On June 28, 2005, Lt. Michael Murphy was the officer-in-charge of a four-man SEAL element in support of Operation Red Wing tasked with finding key anti-coalition militia commander near Asadabad, Afghanistan. Shortly after inserting into the objective area, the SEALs were spotted by three goat herders who were initially detained and released. It is believed that the goat herders immediately reported the SEAL's presence to Taliban fighters.

A gun battle ensued on the steep face of the mountain between the SEALs and a much larger enemy force. Despite the intensity of the firefight and suffering grave gunshot wounds himself, Lt. Murphy is credited with risking his own life to save the lives of his teammates.

Murphy, intent on making contact with headquarters, but realizing this would be impossible in the extreme terrain where they were fighting, unhesitatingly and with complete disregard for his own life moved into the open, where he could gain a better position to transmit a call to get help for his men.

The Story of Lt. Murphy

Moving away from the protective mountain rocks, he knowingly exposed himself to increased enemy gunfire. This deliberate and heroic act deprived him of cover and made him a target for the enemy. While continuing to be fired upon, Murphy made contact with the SOF Quick Reaction Force at Bagram Air Base and requested assistance. He calmly provided his unit's location and the size of the enemy force while requesting immediate support for his team. At one point, he was shot in the back causing him to drop the transmitter. Lt. Murphy picked it back up, completed the call and continued firing at the enemy who was closing in. Severely wounded, Lt. Murphy returned to his cover position with his men and continued the battle.

As a result of Murphy's call, an MH-47 Chinook helicopter, with eight additional SEALs and eight Army Night Stalkers aboard, was sent in as part of the QRF to extract the four embattled SEALs. As the Chinook drew nearer to the fight, a rocket-propelled grenade hit the helicopter, causing it to crash and killing all 16 men aboard.

The Story of Lt. Murphy

On the ground and nearly out of ammunition, the four SEALs, continued to fight. By the end of a two-hour gunfight that careened through the hills and over cliffs, Murphy, Gunner's Mate 2nd Class (SEAL) Danny Dietz and Sonar Technician 2nd Class (SEAL) Matthew Axelson had fallen. An estimated 35 Taliban were also dead. The fourth SEAL, Hospital Corpsman 2nd Class (SEAL) Marcus Luttrell, was blasted over a ridge by a rocket-propelled grenade and knocked unconscious. Though severely wounded, the fourth SEAL and sole survivor, Luttrell, was able to evade the enemy for nearly a day; after which local nationals came to his aide, carrying him to a nearby village where they kept him for three more days. Luttrell was rescued by U.S. Forces on July 2, 2005.

By his undaunted courage, intrepid fighting spirit and inspirational devotion to his men in the face of certain death, Lt. Murphy was able to relay the position of his unit, an act that ultimately led to the rescue of Luttrell and the recovery of the remains of the three who were killed in the battle.

--Murph Foundation "Biography"

Week 1 & 2

- Pull-up technique and form
- Push-up technique and form
- Air Squat technique and form
- Slower contractions to work the muscle fibers of certain muscle groups
- Interval running to focus on improving oxygen consumption and resting heart rate

Week 3 & 4

- Higher reps in Pull-ups, Push-ups, and Air Squats
- Compound weightlifting movements to increase strength
- Exercises with weighted vest to increase bodyweight strength
- Longer duration running to find a good pace and improve overall cardiovascular endurance
- Smaller “Murph” versions

Week 1 & 2

Day 1

- A. 200m Run x 8 For Time
1. Mod. Pace (70-80%)
 2. Light Pace (50%)
 3. Mod. Pace (70-80%)
 4. Light Pace (50%)
 5. Fast Pace (90-100%)
 6. Light Pace (50%)
 7. Fast Pace (90-100%)
 8. Light Pace (50%)
- B. Pull-ups w/ Band 3 x 5
5 sec up, 5 sec down
- C. Push-ups 3 x 5
5 sec down, 5 sec up
- D. Air Squat 3 x 5
5 sec down, 5 sec up

Day 2

- A. Pull-up Holds 3 x 5
- 3 sec holds at the top of the pull and 3 sec holds at the bottom (hang position)
 - With or without band
- B. Push-ups 3 x 10
- 3 sec bottom hold
 - 3 sec top hold
- C. Air Squats 3 x 15
- 3 sec holds in the bottom of the squat
- D. Sit-Ups 5 x 20
- E. 200m Sprints x 6
- Rest 1:1
 - Should be 100% effort in the sprints

Day 3

- A. 800m Run For Time
- B. Tabata 24
1. 20 sec on, 10 sec off
 2. Pull-ups x 20sec
 3. 10 sec rest
 4. Push-ups x 20sec
 5. 10 sec rest
 6. Air Squats x 20sec
 7. 10 sec rest
 8. Repeat for 8 rounds
 9. 2 sec movements
Ex. Push Up – 2 sec down, 2 sec up
- C. 800m Run For Time
- Faster than or equal to the first 800m Run

Week 3

Day 1

- A. Pull-up w/ Vest (20lb) 5x6, or as many as you can do for 5 sets
 - Rest 60-90sec between sets
- B. Hex Bar Deadlift 5x8
 - Increase the weight each set
- C. Lat Pulldown 3x12
- D. DB Single-Arm Row 3x10
- E. Run 1 Mile w/ Vest For Time

Day 2

- A. Air Squats w/ Vest 5x20
 - Rest 60sec between sets
- B. Back Squat 5x8
 - Increase the weight each set
- C. Dumbbell RDLs 4x12
- D. Sit-Ups 5x20
- E. Row 2000m For Time

Day 3

- A. Push-ups w/ Vest 5x20
 - Rest 60sec
- B. Bench Press 5x8
 - Increase the weight each set
- C. MB Wall Chest Press 3x10
 - Stand close enough to wall so the ball reflects back into your hands
- D. Hanging Leg Raise 3x10
- E. 200m Sprints x 8 For Time
 - Rest 1:1

Week 4

Day 1

- A. Pull-up w/ Vest (20lb) 5x6, or as many as you can do for 5 sets
 - Rest 60-90sec between sets
- B. Hex Bar Deadlift 5x6
 - Increase the weight each set
- C. Lat Pulldown 3x10
- D. DB Single-Arm Row 3x8
- E. Run 1 Mile w/ Vest For Time
 - Faster time than Day 1 of Week 3

Day 2

- A. Air Squats w/ Vest 5x20
 - Rest 60sec between sets
- B. Back Squat 5x6
 - Increase the weight each set
- C. Dumbbell RDLs 4x10
- D. Sit-Ups 5x20
- E. Row 2000m For Time
 - Faster time than Day 2 of Week 3

Day 3

- A. Push-ups w/ Vest 5x20
 - Rest 60sec
- B. Bench Press 5x6
 - Increase the weight each set
- C. MB Wall Chest Press 3x8
 - Stand close enough to wall so the ball reflects back into your hands
- D. Hanging Leg Raise 3x10
- E. 200m Sprints x 8 For Time
 - Rest 1:1
 - Faster time than Day 3 of Week 3

Exercise Library with Video

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