

MAY

VIRTUAL MURPH CHALLENGE TRAINING CALENDAR

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10 pull-ups 20 push-ups 30 air squats Run/walk 2 x .25 mile	4	5 15 pull-ups 30 push-ups 45 air squats Run/walk 1 x .5 mile	6	7 20 pull-ups 40 push-ups 60 air squats Run/walk 2 x .5 mile	8
9	10 30 pull-ups 60 push-ups 90 air squats Run/walk 2 x .5 mile	11	12 35 pull-ups 70 push-ups 100 air squats Run/walk 1 x 1 mile	13	14 40 pull-ups 80 push-ups 120 air squats Run/walk 2 x .75 mile	15
16	17 45 pull-ups 90 push-ups 135 air squats Run/walk 1 x 1.25 mile	18	19 50 pull-ups 100 push-ups 150 air squats Run/walk 2 x .75 mile	20	21 55 pull-ups 110 push-ups 165 air squats Run/walk 2 x 1.5 mile	22
23	24 60 pull-ups 120 push-ups 180 air squats Run/walk 2 x 1 mile	25	26 65 pull-ups 130 push-ups 195 air squats Run/walk 1 x 1.75 mile	27	28 70 pull-ups 140 push-ups 210 air squats Run/walk 2 x 1 mile	29
30	31 					

How to use this training template:

- Warm-up before you start the workouts. The running portion is great to do before the main exercises. Check out the Floor Mobility Warm-up under the flexibility tab here: [On-Demand Classes - bpfittnesscenter.net](https://www.bpfittnesscenter.net)
- Perform the exercises with any of the modifications you like or plan to use for the Murph Challenge. Modification examples are available on the bpfittnesscenter.net Murph Challenge page.
- Perform the daily repetition goal in whatever way you like.

For example:

40 pull-ups
80 push-ups
120 air squats
Run/walk 2 x .75 mile

could look like:

Run/walk .75 mile

4 rounds of:
10 pull-ups
20 push-ups
30 air squats

Run/walk .75 mile

or look like:

Run/walk .75 mile

rounds of:
10,5,10,5,10 pull-ups
10,15,20,15,20 push-ups
20,30,20,30,20 air squats

Run/walk .75 mile



- You could also choose to do extra running on the days you do not train the Murph.
- No matter how you choose to train, the idea is to accumulate repetition volume in the exercises indicated.
- Cool-down and stretch at the end. Check out the Stretch Sequence under the flexibility tab here: [On-Demand Classes - bpfittnesscenter.net](https://www.bpfittnesscenter.net)