

# MURPH'

For Time:  
 1 mile Run  
 100 Pull-Ups  
 200 Push-Ups  
 300 Air Squats  
 1 mile Run

Wear a 9kg weighted vest

## Versions with Rx Movements

For those who have solid kipping pullups & press-ups and a solid base of aerobic fitness

	The Version	Suggested Pre-requisites
Rx +	As Rx wearing a 9kg weighted vest	Athletes who can do 20 unbroken C2B Pull-ups, 5 unbroken ring muscle ups, and can run a sub 7 minute mile.
Rx	As Rx without the weighted vest	Athletes who can do 10 unbroken kipping pull-ups and 20 press-ups and can run a sub 8 minute mile
Partitioned Rx	As Rx except instead of doing 100 pull-ups, 200 press-ups, & 300 air squats you do 20 rounds of 5 pullups, 10 press-ups, 15 air squats.	Athletes who can do 5 unbroken kipping pull-ups and 10 press-ups and can run a sub 9 minute mile
Partitioned fewer reps	As above but 20 rounds of 3 Pull-ups, 5 Press-ups, 15 air squats.	Athletes who can do 1- 5 unbroken kipping pullups and 5-10 press-ups.
Partitioned Fewer Rounds	As above but 10 Rounds of 5 Pull ups, 10 press-ups, 15 Air Squats.	Athletes who can do 1- 5 unbroken kipping pullups and 5-10 press-ups.

## Scaled Versions

Harder <-----<-----<-----<----->----->----->-----> Easier

Run 1 Mile	Run 1 Mile	Run 1 Mile	Run 1 Mile	Run 1 Mile	1200m Run	800m Run	800m Run
20 Rounds of: 5 Beat Swings or 5 Banded Pull-ups*	20 Rounds of: 5 Beat Swings or 5 Banded Pull-ups*	20 Rounds of: 5 Beat Swings or 5 Banded Pull-ups*	20 Rounds of: 3 Beat Swings or 3 Banded Pull-ups*	10 Rounds of: 4 Beat Swings or 4 Banded Pull-ups*	15 Rounds of: 5 Ring Rows 7 H.E. Press-ups 15 Air Squats	10 Rounds of: 5 Ring Rows 7 H.E. Press-ups 15 Air Squats	10 Rounds of: 5 Ring Rows 7 H.E. Press-ups 15 Air Squats
10 Press-ups 15 Air Squats	5 Press-ups 15 Air Squats	10 Hands Elevated Press-ups 15 Air Squats	7 Hands Elevated Press-ups 10 Air Squats	10 Hands Elevated Press-ups 15 Air Squats			
Run 1 mile	Run 1 mile	Run 1 mile	Run 1 mile	Run 1 mile	1200m Run	800m Run	800m Run

\* The idea is to alternate each round between the beat swing and the banded pull-up.

!!You can adjust any of the variables (reps, movements, run distance, etc) to tailor any of the above versions to your ability and or injuries!!