RankTime

FREE PRINTABLE · 4 PAGES

HERO WORKOUT · SPLITS · SCORECARD

The Murph Workout

The workout on one page, three ways to split the 600 reps, how to scale and pace it, and a scorecard for the day.

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4 Train it with RankTime



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From the free guide at ranktime.app/guides/murph-workout/
Made by RankTime, the workout timer that counts your reps.

THE WORKOUT

Murph, for time

ORDER	WHAT
1	1 mile run (1.6 km)
2	100 pull-ups
3	200 push-ups
4	300 air squats
5	1 mile run
Optional	A weight vest the whole time, traditionally 20 lb (9 kg)

The runs go straight through. Split the 600 reps any way you like, as long as they are all done before the second run.

Where it comes from

Named after Navy SEAL Lieutenant Michael P. Murphy, killed in Afghanistan on June 28, 2005, and later awarded the Medal of Honor. He called it "Body Armor". Many gyms do it together every Memorial Day.

How to split the 600 reps

THE CLASSIC

20 rounds of 5 · 10 · 15

5 pull-ups, 10 push-ups, 15 squats. A minute or two a round.

SMALLER SETS

50 rounds of 2 · 4 · 6

Good when push-ups are your weak point: you never get deep into fatigue.

THE HARDEST

Straight through

All 100 pull-ups, then 200 push-ups, then 300 squats, as first written.

Whatever the split, keep the ratio: 1 pull-up to 2 push-ups to 3 squats.

How to scale it

- **Half Murph:** half a mile, 50, 100, 150, half a mile.
- **No vest** until you finish unweighted comfortably.
- **Easier pull-ups:** band assisted, jumping, or ring rows.
- **Easier push-ups:** hands on a bench or box, or knees.
- **Swap the run:** row 2,000 m or bike.

Pacing tips

- **Easy first mile.** It is only a warm up.
- **Small sets, before you need them.** Stop before failure.
- **Push-ups stall first:** make sets smaller, not rests longer.
- **Short, planned rests,** like a fixed 10 seconds.
- **Eat and drink first.** Most take 45 to 75 minutes.

ON THE DAY

Murph scorecard

Date _____ Vest _____ Split _____ Scaled? _____

Mile 1 time _____

Tick a box for every 5 pull-ups, 10 push-ups and 15 squats done, whatever your split.

Round 1 ☐ 5 · 10 · 15	**Round 2** ☐ 5 · 10 · 15	**Round 3** ☐ 5 · 10 · 15	**Round 4** ☐ 5 · 10 · 15	**Round 5** ☐ 5 · 10 · 15
Round 6 ☐ 5 · 10 · 15	**Round 7** ☐ 5 · 10 · 15	**Round 8** ☐ 5 · 10 · 15	**Round 9** ☐ 5 · 10 · 15	**Round 10** ☐ 5 · 10 · 15
Round 11 ☐ 5 · 10 · 15	**Round 12** ☐ 5 · 10 · 15	**Round 13** ☐ 5 · 10 · 15	**Round 14** ☐ 5 · 10 · 15	**Round 15** ☐ 5 · 10 · 15
Round 16 ☐ 5 · 10 · 15	**Round 17** ☐ 5 · 10 · 15	**Round 18** ☐ 5 · 10 · 15	**Round 19** ☐ 5 · 10 · 15	**Round 20** ☐ 5 · 10 · 15

Mile 2 time _____ Total time _____

My Murphs

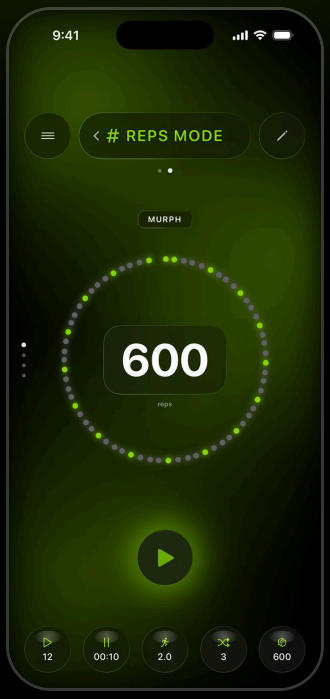
DATE	VERSION	SPLIT	TIME	NOTES

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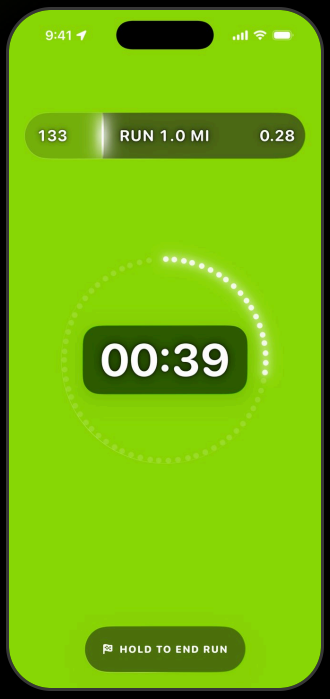
TRAIN IT WITH RANKTIME

Do Murph with RankTime

Murph is built in: 600 reps in 50 small rounds, both miles measured by GPS, and the camera counting every rep.



MURPH in REPS mode: one dot per rep.



The first mile, measured by GPS.



A pull-up set, every rep counted.

1. Swipe to REPS mode: MURPH is the first page.
2. Open the RUN tab and set 1 mile before and 1 mile after, then save.
3. Press play and run. Set the phone down for the reps: they start once it is still.
4. Grab the phone for the last mile. All of it goes to your history and Apple Health.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

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Scan to get RankTime
on your iPhone