

**2020 Bell City CrossFit - 10 Week Murph Training Plan**

	Day 1	Day 2	Day 3
<b>Week 1</b>	2-sets	2-sets	2-sets
<b>Monday, March 16</b>	Run 300m 2 Pull-Ups / Ring Rows 4 Push-Ups 8 Air Squats	Run 300m 3 Pull-Ups / Ring Rows 6 Push-Ups 12 Air Squats	Run 300m 4 Pull-Ups / Ring Rows 8 Push-Ups 16 Air Squats
<b>Week 2</b>	2-sets	2-sets	2-sets
<b>Monday, March 23</b>	Run 400m 3 Pull-Ups / Ring Rows 6 Push-Ups 12 Air Squats	Run 400m 4 Pull-Ups / Ring Rows 8 Push-Ups 16 Air Squats	Run 400m 5 Pull-Ups / Ring Rows 10 Push-Ups 20 Air Squats
<b>Week 3</b>	3-sets	3-sets	3-sets
<b>Monday, March 30</b>	Run 400m 4 Pull-Ups / Ring Rows 8 Push-Ups 16 Air Squats	Run 400m 5 Pull-Ups / Ring Rows 10 Push-Ups 20 Air Squats	Run 400m 6 Pull-Ups / Ring Rows 12 Push-Ups 24 Air Squats
<b>Week 4</b>	3-sets	3-sets	3-sets
<b>Monday, April 6</b>	Run 400m 5 Pull-Ups / Ring Rows 10 Push-Ups 20 Air Squats	Run 400m 6 Pull-Ups / Ring Rows 12 Push-Ups 24 Air Squats	Run 400m 7 Pull-Ups / Ring Rows 14 Push-Ups 28 Air Squats
<b>Week 5</b>	2-sets	2-sets	2-sets
<b>Monday, April 13</b>	Run 600m, Then, 2 Rounds: 3 Pull-Ups / Ring Rows 6 Push-Ups 12 Air Squats	Run 400m, Then, 4 Rounds: 4 Pull-Ups / Ring Rows 8 Push-Ups 16 Air Squats	Run 600m, Then, 3 Rounds: 5 Pull-Ups / Ring Rows 10 Push-Ups 20 Air Squats
<b>Week 6</b>	2-sets	2-sets	2-sets
<b>Monday, April 20</b>	Run 600m, Then, 3 Rounds: 4 Pull-Ups / Ring Rows 8 Push-Ups 16 Air Squats	Run 400m, Then, 5 Rounds: 5 Pull-Ups / Ring Rows 10 Push-Ups 20 Air Squats	Run 600m, Then, 3 Rounds: 6 Pull-Ups / Ring Rows 12 Push-Ups 24 Air Squats
<b>Week 7</b>	2-sets	2-sets	2-sets
<b>Monday, April 27</b>	Run 800m, Then, 3 Rounds: 5 Pull-Ups / Ring Rows 10 Push-Ups 20 Air Squats	Run 600m, Then, 4 Rounds: 6 Pull-Ups / Ring Rows 12 Push-Ups 24 Air Squats	Run 800m, Then, 3 Rounds: 7 Pull-Ups / Ring Rows 14 Push-Ups 28 Air Squats
<b>Week 8</b>	1-set	1-set	1-set
<b>Monday, May 4</b>	Run 1000m, Then, 4 rounds: 6 Pull-Ups / Ring Rows 12 Push-Ups 24 Air Squats	Run 1000m, Then, 4 Rounds: 7 Pull-Ups / Ring Rows 14 Push-Ups 28 Air Squats	Run 800m, Then, 5 Rounds: 8 Pull-Ups / Ring Rows 16 Push-Ups 32 Air Squats
<b>Week 9</b>	1-set	2-sets	3-sets
<b>Monday, May 11</b>	Run 1200m, Then, 5 Rounds: 5 Pull-Ups / Ring Rows 10 Push-Ups 20 Air Squats	Run 1000m, Then, 3 Rounds: 6 Pull-Ups / Ring Rows 12 Push-Ups 24 Air Squats	Run 400m, Then, 3 rounds: 5 Pull-Ups / Ring Rows 10 Push-Ups 20 Air Squats
<b>Week 10</b>	1-set	2-sets	2-sets
<b>Monday, May 18</b>	Run 1600m, then 5 Rounds: 5 Pull-Ups / Ring Rows 10 Push-Ups 20 Air Squats	Run 800m, then 2 Rounds: 6 Pull-Ups / Ring Rows 12 Push-Ups 24 Air Squats	Run 500m, then 2 Rounds: 7 Pull-Ups / Ring Rows 14 Push-Ups 28 Air Squats

**Memorial Day Murph: Monday, May 25, 2020**