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## **Murphy (METs) Programme**

### **Programme Overview**

The Murphy (METs) Programme runs for 15 weeks. It is both a cardiovascular and resistance training programme. The programme requires a minimum of three days a week from each participant. The resistance training programme runs simultaneously with the cardiovascular programme. The Murphy (METs) Programme is individually designed to fit each participant's level of fitness and weekly schedule.

The cardiovascular programme is a walking programme that will bring you through a conditioning, strength and endurance phase over the course of the fifteen weeks. Your cardiovascular workouts will be measured and recorded in metabolic equivalents (METs). See: *Know Your METs: Using Exercise to Reduce Your Risk and/or Recurrence of Disease* [www.mariemurphyhealthfitness.com](http://www.mariemurphyhealthfitness.com) You will achieve a minimum of 9 MET/hr/wk on completion of the programme which is the minimum weekly requirement shown for lowering a person's risk of disease.

Before beginning your 15 week resistance training programme you will be evaluated for range of motion and muscular strength. Your resistance training programme will be measured and recorded in weight, repetitions and sets completed in a given workout. If you wish to take part in the cardiovascular programme only, you may request that at the time of registration.

### **Cardiovascular Programme**

The cardiovascular programme as mentioned above will run for 15 weeks. It has 5 x 3 week sub-phases. Each three week period will have you at a certain stress load (time, volume and intensity of your workouts) which your body will have time to adapt to as you progress to the next phase of the programme. Your programme will be designed to your level of fitness and availability to workout. The first step to your cardiovascular programme is finding out what level of fitness you are at right now? To know this I will measure your sub-maximum VO<sub>2</sub>; which means the volume of oxygen you can supply to your muscles for a given workload. This will be done by you walking one mile at your best effort and recording the time it takes you to complete the distance.

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Once your 1 mile time trial is recorded it will tell me your base line fitness and will determine what level programme you will start training at. The programme has nine levels (beginner 1, 2, 3, intermediate 4, 5, 6 and advanced 7, 8, 9).

You will be re-evaluated on the 5<sup>th</sup>, 10<sup>th</sup> and 15<sup>th</sup> week of your programme. This will tell the changes in your fitness level and allow me to make any adjustments needed to your training programme. All participants will be asked to keep a record of their daily activities and to e-mail, mail or hand deliver your workouts back to me every three weeks. Group meetings will take place throughout the programme to keep everyone motivated and excited about improving their fitness and achieving their goals.

#### **Resistance Training Programme**

As mentioned above the resistance training programme runs simultaneously with the cardiovascular programme. The workouts are done twice weekly and can be done on the same day or on separate days to your cardiovascular workouts. After your initial evaluation your programme will bring you through conditioning, strengthening and muscular endurance phases over the course of the 15 weeks. The programme has 4 x 3 week sub-phases. Each three week period will have you at a certain exercise stress load (volume) which your body will have time to adapt too as you progress to the next phase of the programme. There are ten exercises in the resistance training programme; working the ten major muscles of your upper and lower body. The routine takes ≥45 minutes to complete. An information meeting will take place prior to starting the programme. Date, location and time will be confirmed shortly.