

Kris Gettins
MAN OF IRON



WEEK 13 WORKOUTS

DAY 85: SHOULDERS, TRICEPS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
SUPERSET							
Lateral raise With elbows bent to 90 degrees	3	20					
Dumbbell front raise Reaching all the way behind back at the bottom of each rep	3	20					
SUPERSET							
Dumbbell shrug	3	20					
Rear delt raise	3	20					
GIANT SET							
Cable triceps extension	3	20					
Overhead extension	3	20					
Close-grip push-up	3	20					
Hanging knee raise With band around feet for extra resistance, if possible	3	20					
SUPERSET							
Lying leg raise to failure With medicine ball on shins	5	to failure					
Plank	5	to failure					

SWIMMING

1000-2000 meters open water, if possible. Start with easy 5 min., then build the effort to a sustainable 6/10.

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DAY 86: LEGS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Single-leg extension	3	20 per leg			
Step-up	3	20			
SUPERSET					
Smith machine squat Standing on BOSU ball	3	20			
Kneeling jump squat	3	10-15			
SUPERSET					
Single-leg Romanian deadlift With band for extra resistance, if possible	3	10 per leg			
Romanian deadlift With band for extra resistance, if possible	3	10			
SUPERSET					
Walking lunge	3	to failure			
Calf raise With band for extra resistance, if possible	3	20			

CYCLING

WARM-UP

10 mins, easy pace

MAIN SET

5 Rounds

4 min. at 190-220 watts or 8/10 effort

4 min. easy spin

COOL-DOWN

10 min, easy pace

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DAY 87: BACK, BICEPS, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
Chin-up With band for extra resistance, if possible	3	to failure					
SUPERSET							
Bent-over chest-supported dumbbell row With band for extra resistance, if possible	3	20					
Bent-over chest-supported dumbbell row With no band	3	20					
SUPERSET							
Deadlift With band for extra resistance, if possible	3	12					
Alternating dumbbell curl	3	20 per arm					
SUPERSET							
EZ-bar curl	5	10 reps, each rep 1-1/2 reps					
Plank on exercise ball	5	to failure					

RUNNING

WARM-UP

10 min., easy pace

MAIN SET

5 rounds

3 min. at strong 8/10 effort

2 min. very easy walk/jog

COOL-DOWN

10 min., easy pace

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DAY 88: CHEST, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Push-up on dumbbells Feet on a bench, dumbbells on their sides, with a mountain-climber style knee lift between each rep	3	20			
Dumbbell plate press Pressing plate between hands	3	20			
Smith machine bench press <i>Performing a leg raise during each rep. Add a band to feet for extra resistance, if needed</i>	3	20			

SWIMMING

WARM-UP

200 meters easy swim

200 meters one-arm [Superman drill](#), alternating arms each 25 meters

200 meters easy swim

200 meters alternating 50 meters kick with board, 50 meters easy swim

MAIN SET

2 rounds, 1 min. rest between rounds

3 sets of 100 meters with paddles (no pull buoy), 10 sec. rest between sets

200 meters easy [pull with buoy](#), but no paddles

2 sets of 200 meters pull with buoy, 30 sec. rest between sets

COOL-DOWN

200 meters easy swim

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DAY 89: BIKE, RUN

CYCLING

30 min., very relaxed, no testing the legs. This is more of an equipment check than anything.

RUNNING

10 min., right off the bike. Keep the effort very easy and practice 3-4 bike-to-run transitions to get used to the motions of getting off the bike and starting to run.

90: SHORT-COURSE OLYMPIC TRIATHLON

OPEN WATER SWIMMING

1.5 kilometers

CYCLING

40 kilometers

RUNNING

10 kilometers

DAY 91: BIKE

CYCLING

2 hours or approximately 35 miles