

Kris Gettins
MAN OF IRON



WEEK 14 WORKOUTS

DAY 92: BICEPS, TRICEPS, ABS, OPEN WATER SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Cable curl	3	20			
Triceps rope extension	3	20			
SUPERSET					
Alternating dumbbell curls	3	to failure (about 12 reps)			
Close-grip push-ups on dumbbells	3	to failure			
TRISSET					
Preacher curl	3	20			
Dip machine	3	20			
Lying leg raise With extra band resistance, if possible	3	to failure			
Weighted crunch on BOSU ball	3	to failure			

OPEN-WATER SWIM: 1-2 KM

WARM-UP

5 min., easy pace

MAIN SET

Slowly build up to 6/10 effort, steady but still relaxed overall. Swim for 1 km, and if you have time and energy, do another 1 km.

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DAY 93: LEGS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Smith machine back squat	3	15			
Leg press	3	20			
SUPERSET					
Hack squat machine	3	15			
Stiff-leg deadlift Facing backward on hack squat machine	3	15			
SUPERSET					
Calf press	3	20			
Donkey calf raise Using training partner or in Smith machine	3	20			

CYCLING

WARM-UP

10 mins, easy pace

MAIN SET

2 Rounds

15 min. at 180-190 watts, or strong but controlled 7/10 effort

3 min. easy spin

COOL-DOWN

10 min, easy pace

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DAY 94: CHEST, BACK, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
T-bar row	3	15			
Decline bench press	3	15			
SUPERSET					
Dumbbell Romanian deadlift	3	15			
Incline dumbbell fly	3	15			
SUPERSET					
Leverage machine press <i>Using bands for extra resistance, if possible</i>	3	15			
Lat pull-down	3	15			

RUNNING

WARM-UP

10 min., easy pace

MAIN SET

6 rounds

800 meters at half marathon pace, or brisk but sustainable 7/10 effort

60 sec. walk

COOL-DOWN

10 min., easy pace

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DAY 95: SHOULDERS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Behind-the-neck barbell press <i>Or military press if your shoulders don't like the behind-the-neck variation</i>	3	15			
Seated incline dumbbell raise <i>Followed immediately by a mechanical dropset to failure of standing dumbbell front raise with same weight</i>	3	15			
TRISSET					
Standing cable crunch	3	to failure (about 15 reps)			
Rear cable fly	3	15			
Exercise-ball crunch	3	to failure			

SWIMMING

WARM-UP

400 meters, easy pace

150 meters kick with board, rest 20 sec.

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

4 sets, resting 10 sec. between sets

50 meters drill of choice

25 meters easy swim

100 meters, easy swim

RACE PREP SPEED WORK

3 rounds, resting 10 sec. each 25 meters and 1 min. between rounds

25 meters, first half fast, second half easy

25 meters, first half easy, second half fast

25 meters, all easy

25 meters, all fast

400 meters, easy pace

COOL-DOWN

4 sets of 50 meters, super slow. Shake out those shoulders!

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WEEK 14 WORKOUTS

DAY 96: REST

DAY 97: BIKE, RUN

WARM-UP RUN

10 min., easy pace

WARM-UP BIKE:

15 min., easy pace

MAIN SET:

1 round, resting minimally between transitions

Bike 20 min., 175-180 wattage or relaxed 6/10 effort

Run 1 mile, relaxed 6/10 effort

Bike 20 min., 180-190 wattage, or strong but controlled 7/10 effort

Run 1 mile Strong but controlled 7/10 effort

Bike 20 min., 190-200 wattage or strong 8/10 effort

Run 1 mile, strong 8/10 effort

Bike 10 min. easy pace

COOLDOWN:

30 min., easy bike

DAY 98: RUN, BIKE

RUNNING

6 miles, no more than a fairly easy 6/10 here, on easy trails. No hills or weight vests!

CYCLING

1-1.5 hours, relaxed effort. If using watt bike, stay in zone 1 or very low zone 2. Otherwise, go no harder than 6/10 effort, and more like 4-5.