

Kris Gettins
MAN OF IRON



WEEK 19 WORKOUTS

DAY 127: BICEPS, TRICEPS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Alternating seated dumbbell curl	3	15 per arm			
Concentration curl	3	15 per arm			
EZ-bar biceps curl	3	15			
Overhead cable extension	3	15			
Skullcrusher	3	15			
Dip	3	to failure			

SWIMMING

WARM-UP

400 meters, easy swim

MAIN SET

4 rounds, with fins

50 meters [touch-face switch drill](#)

25 meters [scull drill](#)

4 rounds, no fins

50 meters [touch-face switch drill](#)

25 meters [scull drill](#)

4 rounds

50 meters drill of choice, no fins

25 meters [scull drill](#)

4 rounds

50 meters drill of choice, no fins

25 meters [scull drill](#)

FINISHER

8 sets of 50 meters, strong pace, 20 sec. rest after each set

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DAY 128: LEGS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Leg extension	3	15			
Hack squat	3	12			
Leg press	3	12			
Walking lunge	3	to failure			
Stiff-leg deadlift	3	15			
Seated calf press	3	15			

CYCLING

WARM-UP

15 min., easy pace

MAIN SET

45-60 min., 200 max wattage or solid but sustainable 8/10 pace

COOL-DOWN

Cool-down: 15 min., easy pace

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DAY 129: OPTIONAL RECOVERY SWIM

SWIMMING

MAIN SET

600 meters pull at Ironman-level effort, rest as needed

500 meters at Ironman-level effort, rest as needed

400 meters alternating two drills of choice every 50 meters, rest as needed

600 meters pull at slightly faster than Ironman-level effort, rest as needed

500 meters at slightly faster than Ironman-level effort, rest as needed

400 meters alternating two drills of choice every 50 meters, rest as needed

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DAY 130: SHOULDERS, ABS, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Lateral raise	3	20			
Bent-over rear delt fly	3	20			
Front raises	3	20			
Dumbbell shoulder press	3	15			
Leg raise using band for extra resistance	3	to failure			
Crunch on BOSU ball	3	to failure			

RUNNING

WARM-UP

1 mile, easy pace

MAIN SET

6 rounds

1 mile at marathon effort or pace

90 sec. easy walk or jog

COOL-DOWN

Half mile, easy pace

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WEEK 19 WORKOUTS

DAY 131: CHEST, BACK, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Leverage chest press	3	12			
Leverage decline press	3	12			
Hammer incline press	3	12			
Lat pull-down	3	12			
T-bar row	3	12			
SUPERSET					
Cable row	3	12			
Cable deadlift	3	10			

RUNNING

2-hour trail run, at least half at a steady, steep incline

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DAY 132: SWIM

SWIMMING

MAIN SET

10 rounds, resting 10 sec. between rounds

25 meters swim

25 meters drill of choice

4 sets of 400 meters, 1 min. rest between rounds. Each 100 meters of the 400 meters should get faster: 60/70/80/90% effort

COOL-DOWN

100 meters, easy swim

DAY 133: BIKE

CYCLING

2 hours, at least half at a steady, steep incline