

*Kris Gettins*  
**MAN OF IRON**



## WEEK 22 WORKOUTS

### DAY 148: BICEPS, TRICEPS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>SUPERSET</b>					
Seated EZ-bar curl	3	10			
Standing EZ-bar curl	3	10			
High pulley cable curl	3 dropsets	15			
<b>TRISSET</b>					
Two-arm triceps cable kick-back	3	10			
Overhead cable extension	3	10			
Close-grip push-up	3	to failure			

### SWIMMING

#### WARM-UP

10 sets of 50 meters swim, 15 sec. rest between sets

#### MAIN SET

300 meters [head-lead flutter kick on side](#), alternating sides every 25 meters

2 sets of 500 meters pull with big toes connected and no kicking. Keep it easy, rest as needed between sets.

10 sets of 50 meters swim, strong pace, 15 sec. rest between sets

#### COOL-DOWN

100 meters, easy pace

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**DAY 149: LEGS, BIKE**

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>SUPERSET</b>					
Hack squat	3	15			
Bodyweight squat on BOSU ball	3	to failure			
<b>CIRCUIT</b>					
<i>3 rounds</i>					
Leg extension	3	15			
Hamstring curl	3	15			
Walking lunge	3	to failure			
Standing calf press	3	15			

**CYCLING**

**WARM-UP**

15 min., easy pace

**MAIN SET**

*3 rounds*

15 min. at 200-210 watts or 8/10 effort

5 min. easy spin

**COOL-DOWN**

15 min., easy pace

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## WEEK 22 WORKOUTS

### DAY 150: REST OR RECOVERY SWIM

#### SWIMMING

##### MAIN SET

9 sets of 50 meters, limiting strokes to work on kicking on side, and stroke power:

50 meters in only 6 strokes

50 meters in only 8 strokes

50 meters in only 10 strokes

50 meters, easy swim, counting your strokes (you'll need this for the next set)

5 sets of 500 meters, using 2 strokes less per 50 meters than you did in easy swim. Rest as needed.  
This is meant to be slow!

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## WEEK 22 WORKOUTS

### DAY 151: SHOULDERS, ABS, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>SUPERSET</b>					
Rear delt machine fly	3	15			
Machine lateral raise	3	15			
<b>SUPERSET</b>					
Weighted leg raise	3	to failure			
<b>TRISSET</b>					
Delt machine rear raise	3	15			
Machine side raise	3	15			
Weighted leg raise	3	to failure			
<b>SUPERSET</b>					
Bradford press	3	10			
Front raise	3	10			
<b>SUPERSET</b>					
Decline crunch	3	to failure			
Lying leg raise	3	to failure			

### RUNNING

#### WARM-UP

1 mile, easy pace

#### MAIN SET

6 miles at target marathon pace or 6/10 effort. This shouldn't feel too hard.

#### COOL-DOWN

1 mile, easy pace

### CYCLING

45 min., easy pace

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## WEEK 22 WORKOUTS

### DAY 152: CHEST, BACK, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>SUPERSET</b>					
Leverage chest press	3	12			
Leverage row	3	12			
<b>SUPERSET</b>					
Incline barbell press	3	12			
Neutral-grip lat pull-down	3	12			
<b>SUPERSET</b>					
Machine fly	3	15			
Behind-the-head pull-down	3	15			

### SWIMMING

#### WARM-UP

5 rounds

50 meters

50 meters with big toes touching

#### MAIN SET

4 sets of 800 meters at Ironman pace or effort, but with last 100 meters of each 800 slightly faster. Get out of pool, walk a brisk lap around pool, hop back in, and continue with the next 800 meters.

200 meters drill of choice, easy pace

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## WEEK 22 WORKOUTS

### DAY 153: BIKE, RUN

#### CYCLING

80-100 miles

#### RUNNING

##### WARM UP

1 mile, easy pace

##### MAIN SET

4 rounds

2 miles, target marathon pace

2 min. easy jog

##### COOL-DOWN

1 mile, easy pace

### DAY 154: RUN, BIKE

#### RUNNING

9 miles, target marathon pace

#### CYCLING

##### WARM UP

30 min., easy pace

##### MAIN SET

2 rounds

30 min. at target Ironman wattage or steady 6/10 effort

10 min. easy pace

##### COOL-DOWN

30 min., easy pace