

Kris Gettins
MAN OF IRON

WEEK 24 WORKOUTS

DAY 162: REST

DAY 163: RUN

SWIMMING

WARM-UP

Warm-up: 1 mile, easy pace

MAIN SET

3 rounds

1 mile at target marathon pace

90 sec. walk

COOL-DOWN

1 mile, easy pace

DAY 164: BIKE, RUN

CYCLING

WARM-UP

20 min., easy spin

MAIN SET

4 rounds

8 min. at Ironman wattage or effort

4 min., easy spin

COOL-DOWN

20 min., easy spin

RUNNING

20 min. at marathon pace/effort, right off the bike

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DAY 165: SWIM

SWIMMING

1000 meters [pull with buoy](#) at Ironman effort

3 sets of 500 meters pull with buoy and paddles at Ironman effort

1000 meters swim at Ironman pace/effort

DAY 166: REST

DAY 167: BIKE, RUN

CYCLING

45 min., nothing too hard. Just take your bike out and make sure the gears are all working!

RUNNING

20 min., very chill effort, just off the bike. Just stretching out the legs!

DAY 168: IRONMAN

SWIMMING

2.4 miles

CYCLING

112 miles

RUNNING

26.1 miles