

Kris Gettins
MAN OF IRON



WEEK 4 WORKOUTS

DAY 22: SHOULDERS, TRICEPS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Single dumbbell military press	3	20 (alternating arms)			
Rear-delt raise	3	20			
SUPERSET					
Front raise to side raise	3	15			
Close-grip push-up	3	15			
SUPERSET					
Single-arm cable triceps kick-back	3	15			
Cable internal rotation	3	15			
SUPERSET					
Cable triceps push-down	3	20			
Hanging leg raise	3	to failure			
SUPERSET					
Oblique crunch	3	to failure			
Plank	3	to failure			

SWIMMING

WARM-UP

10 sets of 25 meters, 20 sec. rest between sets

Alternating between easy swim and drill of choice from previous weeks (hand entry, single-arm superman, scull, etc.)

4 rounds

25 meters, [single arm swim with kickboard](#), moderate pace (leave board at wall),
 25 meters, [underwater recovery swim](#)

MAIN SET

2 sets of 500 meters, 100 sec. rest

First 500, easy swim. Second 500, negative split: 250 easy build, then final 250 finish strong.

COOL-DOWN

100 meters easy pace

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DAY 23: LEGS, BIKE, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Single-leg extension	3	20			
Dumbbell step-up	3	20			
SUPERSET					
Side lunge	3	20 per leg			
Smith machine single-leg RDL	3	20 per leg			
SUPERSET					
Standing calf press	3	12			
Single-leg squat to bench	3	12			

CYCLING

WARM-UP

10 min., easy pace

MAIN SET

4 rounds

7 min., high resistance, low cadence

1 min., no resistance, fast cadence

2 min., easy

COOL-DOWN

10 min., easy pace

RUNNING

50 min., steady pace, 6/10 effort

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WEEK 4 WORKOUTS

DAY 24: BACK AND SWIMMING

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Single-arm smith machine row	3	20			
Single-arm smith machine shrug	3	20			
SUPERSET					
Deadlift	3	12			
Chin-up	3	12			
SUPERSET					
Plate hammer curl	3	20			
Cable concentration curl	3	20			
Behind-the-head cable curl	3	20			

SWIMMING

WARM-UP

100 meters, easy pace

Alternating between easy swim and drill of choice from previous weeks (hand entry, single-arm superman, scull, etc.)

100 meters, drill of choice from previous workouts (hand entry, single-arm superman, scull, etc.)

100 meters, kick on side, hand lead position, alternating sides every 25 meters

MAIN SET

4 rounds

50 meters, strong, 8/10 effort, 10 sec. rest

50 meters, [catch-up drill](#), easy pace, 10 sec. rest

200 meters, intermediate 7/10 effort, 100 sec. rest

COOL-DOWN

300 meters, easy swim, alternating breathing every 3 strokes

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WEEK 4 WORKOUTS

DAY 25: CHEST, ABS, BIKE, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
Machine chest press	5	20, 20, 15, 10, 10					
Barbell stop press <small>*Using rack safeties to block movement at midpoint</small>	4	10					
Band-resisted dumbbell fly	3	10					
SUPERSET							
Exercise ball pike	5	to failure					
Exercise ball oblique crunch	5	to failure					

RUNNING

WARM-UP

1 mile, easy pace

MAIN SET

400 meters at 9/10 effort, just below max effort, 60-90 sec. rest

COOL-DOWN

1 mile, easy pace

CYCLING

45 min., no higher than 4/10 effort

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WEEK 4 WORKOUTS

DAY 26: REST

OPTIONAL RECOVERY SWIM

800 meters, nice and easy

DAY 27: BIKE, RUN

CYCLING

3 hours, steady, sustainable effort, focusing on hydration and fueling with fast-absorbing carbs

RUNNING

3-5 miles, starting 30 min. off the bike. Steady effort, but don't rush the pace.

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DAY 28: RUN, BIKE

RUNNING

WARM-UP

1 mile, easy pace

MAIN SET

4 rounds

1 mile at 6/10 steady effort, not breathing too hard

1 mile at 8/10 effort, very strong but still controlled

90 sec. rest, walk, or jog

COOL-DOWN

1 mile, very easy jog pace

CYCLING

1.5-2 hours, easy and relaxed pace, no more than 3/10 effort