

Kris Gettins
MAN OF IRON



WEEK 8 WORKOUTS

DAY 50: SHOULDER, TRICEPS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Seated Arnold press	3	20			
SUPERSET					
Seated side-to-front raise	3	15			
Close-grip push-up <i>On exercise ball or step</i>	3	15			
SUPERSET					
Face pull	3	20			
Triceps rope extension	3	20			
Lying leg raise	3	to failure			
<i>Sit-up</i> <i>With resistance band in hands</i>	3	to failure			

SWIMMING

1000 meters [pull with buoy](#) at 15 sec. slower than goal race pace

1000 swim with toes touching, also at same speed

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WEEK 8 WORKOUTS

DAY 51: LEGS, RUN, OPTIONAL BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Dumbbell skater squat	3	20			
Dumbbell step-up	3	20			
Pistol squat <i>With Smith machine assistance</i>	3	20			
Single-leg glute bridge on ball	3	20			
Barbell Romanian deadlift	3	20			
Barbell Romanian deadlift on BOSU ball	3	20			
Single-leg calf press	3	to failure			

RUNNING

WARM-UP

1 mile, easy pace

MAIN SET

8 rounds

800 meters (or .5 mile) at 7/10 effort

90 sec. jog

COOL-DOWN

1 mile, easy pace

CYCLING (OPTIONAL)

60-75 min. after run, easy pace

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WEEK 8 WORKOUTS

DAY 52: BACK, BICEPS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
CIRCUIT					
<i>3 rounds, performed entirely on parallel bars or Roman chair, if possible</i>					
Chin-up	1	to failure			
Inverted row <i>Feet in air and knees bent</i>	1	to failure			
Inverted row <i>Feet supported on step or ball</i>	1	to failure			

Dumbbell bent-over row <i>On back hyperextension bench. After reaching failure, perform same motion without weight to failure</i>	3	15			
Cable curl feet <i>On BOSU ball</i>	3	15			
Reverse-grip cable curl <i>Standing on upside-down BOSU ball</i>	3	20			
Crush-grip plate <i>With a light plate, face-down on incline bench</i>	3	to failure			

CYCLING

WARM-UP

10 min., easy pace

10 min., building effort from easy to a strong 8/10

5 min., easy pace

MAIN SET

4 Rounds

5 min. at very strong 8/10 effort

1 min. slightly harder 9/10 effort

4 min. easy spin

WARM-UP

10-20 min., easy pace

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WEEK 8 WORKOUTS

DAY 53: CHEST, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Chest fly to press on rings	3	to failure			
Chest press	3	to failure			
Unilateral machine press	3	15			
Ab wheel	3	to failure			

SWIMMING

WARM UP

200 meters easy pace

200 meters choice of drill

200 meters kick on side, alternating sides every 25-50 meters.

MAIN SET

3 rounds

50 meters strong, 10 sec. rest

50 meters [catchup drill](#), easy pace 10 sec. rest

200 meters at race pace, 1 min. rest

500 meters [pull with buoy](#), breathing once every three strokes

COOL-DOWN

200 meters catch-up drill, easy pace

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WEEK 8 WORKOUTS

DAY 54: RUN

RUNNING

12 miles. Start easy, then build to a solid 7/10 effort by around mile 6-7 and hold that effort for remainder of the run.

DAY 55: SWIM, BIKE

SWIMMING

1 mile open water, if possible

CYCLING

1.5 hour after the swim, no more than 5/10 effort

DAY 56: BIKE, RUN

CYCLING

4 hours, steady, sustainable effort. Practice in-race nutrition and hydration. Sip water or electrolytes every 7-10 min., fast-digesting carbs every 30-40 min.

RUNNING (JUST AFTER CYCLING)

WARM UP

10 min. easy pace, just getting your legs underneath you

MAIN SET

3 rounds

5 min. strong half-Ironman pace, 7/10 effort

2 min. jog

COOL-DOWN

10 min. jog-walk