

Kris Gettins
MAN OF IRON



WEEK 10 WORKOUTS

DAY 64: SHOULDERS, TRICEPS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Shoulder press with plate	3	20			
Seated Smith machine shoulder press <i>Lifting only in top-half ROM</i>	3	20			
TRISSET					
Cable front raise	3	20			
Cable high pull	3	20			
Overhead cable triceps extension	3	20			
TRISSET					
Cable single-arm rear delt raise	3	15			
Cable kick-back	3	15			
Close-grip push-up	3	15			
TRISSET					
Weighted sit-up	3	to failure			
Plank knee tucks <i>Top of push-up position to failure, alternating legs with a push-up after each L/R</i>	3	to failure			
Plank knee tucks <i>Bottom of push-up position to failure, alternating legs with a push-up after each L/R</i>	3	to failure			

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DAY 64: SHOULDERS, TRICEPS, ABS, SWIM (CONTINUED)

SWIMMING

WARM-UP

4 sets of 100 meters, 6/10 effort, rest 20 sec. between sets.
Count your strokes per 25 meters; you'll need that info later in the workout

10 Rounds: Rest as much as needed

25 meters [scull drill](#)

25 meters [front catch drill](#)

25 meters [Superman drill](#)

25 meters freestyle

MAIN SET

4 rounds, rest 20 sec. after each round

150 meters, stroke count reduced by at least 1 per 25 meters to focus on strength

150 meters, strong, fast swim, normal stroke count and rhythm

100 meters kick with board, 7.5/10 effort, 25 sec. rest

3 sets of 50 meters with kickboard, escalating in intensity from 7/10 to 9.5/10, rest 25 sec. between sets

4 sets of 25 meters with kickboard or [streamline drill](#), all-out effort, rest 25 sec.

5 sets of 100 meters pull with buoy, alternating 75 meters strong 8/10 effort, 25 moderate 5/10 effort, rest 20 sec.

100 meters easy

COOL-DOWN

100 meters, easy swim

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DAY 65: LEGS, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Floor jump/box jump	3	to failure			
BOSU ball lunge <i>5 reps with front foot facing in, 5 reps facing straight, 5 reps facing out</i>	3	15 per leg			
Lunge <i>Rear foot in TRX, holding weights. Final set, perform a dropset without weight.</i>	3	15			

CYCLING

WARM-UP

2 miles, easy pace

MAIN SET

2 Rounds

1 mile 7/10 effort

1 min. walk

0.5 mile 8/10 effort

1 min. walk

0.25 mile 9.5/10 effort

2 min. walk

COOL-DOWN

1 mile, easy pace

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WEEK 10 WORKOUTS

DAY 66: BACK, BICEPS, BIKE, OPTIONAL RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Back extension	3	16						
Back extension with rotation	3	10						
Dumbbell single-arms row	5	20						
Standing single-arm leverage row	4	20						
Standing incline dumbbell curl	6	10						

CYCLING

WARM-UP

10 min. easy pace

5 min. building effort from easy to 8/10 effort

5 min. easy pace

MAIN SET

10 Rounds

2 min. very strong 8.5/10 effort; not something you could hold for 45 min.

2 min. easy spin

COOL-DOWN

10 min., easy pace

OPTIONAL RUNNING

3 miles, right off bike, maximum of 5/10 effort

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WEEK 10 WORKOUTS

DAY 67: CHEST, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Rolling barbell fly on floor	3	to failure			
Push-up with staggered hands <i>Added weight if possible</i>	3	15 per side			
Incline leverage chest press	3	30			
Decline sit-up	3	to failure			
Hanging leg raise	3	to failure			

SWIMMING

WARM UP

200 meters very easy pace

200 meters drill of choice

200 meters kick on side, alternating sides every 25 meters

MAIN SET

3 rounds

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

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

200 meters at half-Ironman race pace, 1 min. rest

500 meters steady 6/10 effort, breathing every 3 strokes

COOL-DOWN

200 meters [catch-up drill](#), easy pace

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WEEK 10 WORKOUTS

DAY 68: REST

DAY 69: RUN

RUNNING

10 miles, steady effort with HR between 145-155 average. Start really easy and build effort as you go. If the run starts falling apart, alternate 2-3 min. of running with 30-40 sec. walking to keep yourself going.

DAY 70: BIKE, RUN

CYCLING

70 miles, eating and hydrating well throughout

RUNNING

4 miles, right off the bike