

Kris Gettins
MAN OF IRON



WEEK 15 WORKOUTS

DAY 92: BICEPS, TRICEPS, ABS, OPEN WATER SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Cable curl	3	20			
Triceps rope extension	3	20			
SUPERSET					
Alternating dumbbell curls	3	to failure (about 12 reps)			
Close-grip push-ups on dumbbells	3	to failure			
TRISSET					
Preacher curl	3	20			
Dip machine	3	20			
Lying leg raise <i>With extra band resistance, if possible</i>	3	to failure			
Weighted crunch on BOSU ball	3	to failure			

OPEN-WATER SWIM: 1-2 KM

WARM-UP

5 min., easy pace

MAIN SET

Slowly build up to 6/10 effort, steady but still relaxed overall. Swim for 1 km, and if you have time and energy, do another 1 km.

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WEEK 15 WORKOUTS

DAY 93: LEGS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Smith machine back squat	3	15			
Leg press	3	20			
SUPERSET					
Hack squat machine	3	15			
Stiff-leg deadlift <i>Facing backward on hack squat machine</i>	3	15			
SUPERSET					
Calf press	3	20			
Donkey calf raise <i>Using training partner or in Smith machine</i>	3	20			

CYCLING

WARM-UP

10 mins, easy pace

MAIN SET

2 Rounds

15 min. at 180-190 watts, or strong but controlled 7/10 effort

3 min. easy spin

COOL-DOWN

10 min, easy pace

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WEEK 15 WORKOUTS

DAY 99: ARMS, ABS, OPEN WATER SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Seated cable triceps extension	3	15			
Standing cable curl	3	15			
Barbell curl	3	10			
Skullcrusher	3	20			
High-pulley cable curl	3	15			
Single-arm reverse-grip cable push-down	3	15			
Weighted exercise-ball crunch <i>With weights in arms if possible</i>	3	to failure			
Exercise-ball pull-in	3	to failure			

OPEN-WATER SWIM

1-2km: Warm up with a nice easy 5-minute swim, then slowly build the effort to no more than 6/10—it should be relaxed overall. After 1 kilometer or one loop, do another only if you have the time and energy.

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WEEK 15 WORKOUTS

DAY 100: LEGS, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
TRISSET					
Single-leg extension	3	10-12 per leg			
Pistol squat	3	10-12 per leg			
Skater squat	3	10-12 per leg			
TRISSET					
Single-leg deadlift	3	10-12 per leg			
Split squat <i>Front foot on BOSU ball</i>	3	10-12 per leg			
Hip abduction and extension	3	10-12 per leg			
Unilateral tibialis cable curl	3	15			

RUNNING

WARM-UP

10 min., easy jog

MAIN SET

6 rounds

400 meters at target half-Ironman pace or brisk but sustainable 6/10 effort

2 min. walk or easy jog

COOL-DOWN

10 min., easy jog

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WEEK 15 WORKOUTS

DAY 101: BACK, CHEST, BIKE, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Hyperextension on exercise ball	3	15			
Push-up <i>With hands on two medicine balls and feet on an exercise ball if possible</i>	3	15			
SUPERSET					
TRX row	3	15			
Push-up <i>With one leg in TRX, one arm on medicine ball</i>	3	10-12 per arm			
SUPERSET					
Side plank to dumbbell raise	3	15 per side			
Single-arm low-to-high chest fly	3	15			

CYCLING

WARM-UP

10 min., easy pace

MAIN SET

4 rounds

6 min. at 185-195 watts, or strong but controlled 7-8/10 effort

4 min. easy spin

COOL-DOWN

10 min., easy pace

RUNNING

10 min., easy jog right after the bike. Nothing more than 5/10 effort

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WEEK 15 WORKOUTS

DAY 102: SHOULDERS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Neck extension	3	10-12			
Band pull-apart	3	15-20			
Pronated shoulder press on bench <i>Face-down on bench</i>	3	15-20			
Seated dumbbell shrug	3	15-20			
Shoulder external rotation	3	15-20			
Cable internal rotation	3	15-20			
Hanging leg raise	3	to failure			
Cross mountain climber	3	to failure			

SWIMMING:

WARM-UP

300 meters easy swim

MAIN SET

200 meters [pull with buoy and paddles](#)

150 meters kick with board, not too intense

100 meters easy swim

RACE PREP

1 set of 100 meters at race pace, or 90 percent of max effort

COOL-DOWN

150 meters slow swim

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WEEK 15 WORKOUTS

DAY 103: REST

DAY 104: BIKE, RUN

CYCLING

30 min. easy bike ride. No testing the legs or climbing, 4/10 effort max

RUNNING

10 min., easy, right after bike

DAY 105: HALF-IRONMAN

HALF-IRONMAN

1.2-mile (1.9 km) open-water swim, 56-mile (90 km) bike ride, 13.1 mile (21.1 km) run. If you aren't doing a race, simply aim for something near these distances in your training to gauge your progress.