

Kris Gettins
MAN OF IRON



WEEK 16 WORKOUTS

DAY 106: REST

DAY 107: LOWER BODY, CARDIO

EXERCISE	SETS	REPS	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
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LOWER BODY CIRCUIT

5 Rounds

Leg extension	1	20					
Hamstring curl	1	20					
Lunge	1	20 per leg					
Squat	1	20					
Hack squat	1	20					
Calf press	1	20					

Stretch quads, glutes, hamstrings, and calves for 5 min.

POST-CIRCUIT CARDIO

Stair-stepper	1	20 min.					
Elliptical	1	20 min.					

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DAY 108: UPPER BODY, CARDIO

EXERCISE	SETS	REPS	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
UPPER BODY CIRCUIT							
<i>5 Rounds</i>							
Shoulder press	1	15-20					
Dumbbell bench press	1	15-20					
Dumbbell bent-over row	1	15-20					
Dumbbell curl	1	15-20					
Bench dip	1	15-20					
Stretch upper body for 5 min.							
POST-CIRCUIT CARDIO							
Elliptical	1	20 min.					
Rower	1	10 min.					

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DAY 109: FULL BODY, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
Squat	5	20					
Chest press	5	20					
Deadlift	5	20					
Dumbbell shoulder press	5	20					
EZ-bar curl	5	20					
Dip	5	20					
Leg raise	5	20					

SWIMMING:

5 rounds

100 meters, choice of drill

300 meters, swimming at Ironman pace

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DAY 110: BIKE

CYCLING

1.5 hours, easy pace. Nothing hard here, just getting back on the bike.

DAY 111: RUN, BIKE

RUNNING

6-10 miles, no more than 6/10 effort, preferably on easy trails that are soft and forgiving

CYCLING

1-1.5 hours. Effort kept very relaxed with wattage all in Zone 1 or very low Zone 2.

DAY 112: BIKE

CYCLING

Add time to the warm-up and to the cool-down if you're feeling good, up to a total of 4 hours.

WARM-UP

30 min., easy pace

MAIN SET

4 rounds

20 min. at 160-180 watts or relatively easy 5/10 effort

10 min., easy spin

COOL-DOWN

30 min., easy pace.