

*Kris Gettins*  
**MAN OF IRON**



## WEEK 17 WORKOUTS

### DAY 113: ARMS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Dumbbell curl	3	10			
EZ-bar curl	3	10			
Preacher curl	3	10			
Cable extension	3	30			
Skull crusher	3	20			
Cable overhead extension	3	15			

#### OPEN WATER SWIM

1 hour or approximately 2 km

*Kris Gettins*  
**MAN OF IRON**

**WEEK 17 WORKOUTS**

**DAY 114: LEGS, BIKE, RUN**

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Leg extensions	3	15			
Squat	3	20			
Leg press	3	10			
<b>TRISSET</b>					
Hack squat	3	20			
Calf press	3	20			
Walking lunge	3	20 per leg			

**CYCLING**

**WARM-UP**

15 min., easy pace

**MAIN SET**

1 hour at 160-170 max wattage, or solid 6-7/10 effort

**COOL-DOWN**

15 min., easy pace

**RUNNING**

3 miles, easy pace

*Kris Gettins*  
**MAN OF IRON**

## WEEK 17 WORKOUTS

### DAY 115: SWIM, RUN

#### SWIMMING

##### WARM-UP

10 rounds, 10 sec. rest between rounds

25 meters swim

25 meters drill of choice

##### MAIN SET

300 meters, easy effort, rest 1 min.

300 meters, 7/10 effort, rest 1 min.

300 meters, 8/10 effort, rest 1 min.

300 meters, 9/10 effort

15 rounds of 100 meters at goal Ironman race pace, rest 15 sec. between rounds.

##### COOL-DOWN

100 meters, easy pace

#### RUNNING

##### WARM-UP

2 miles, easy pace

##### MAIN SET

4 rounds

1 mile at marathon pace. Keep this pretty relaxed!

90 sec. walk or easy jog

##### COOL-DOWN

1 mile, easy pace

*Kris Gettins*  
**MAN OF IRON**



## WEEK 17 WORKOUTS

### DAY 116: SHOULDERS, ABS, NECK, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Lateral raise	3	15 <i>each followed with single dropset of 10 reps</i>			
Rear delt fly	3	15 <i>each followed with single dropset of 10 reps</i>			
Front barbell raise	3	15			
Military press	3	20			
<b>SUPERSET</b>					
Hanging leg raise with band	3	10			
Hanging leg raise without band	3	to failure			
Neck extension	3	15			

### CYCLING

5 rounds, rest 1 min.

100 meters drill of choice

300 meters swim at Ironman pace/effort

*Kris Gettins*  
**MAN OF IRON**



## WEEK 17 WORKOUTS

### DAY 117: CHEST, BACK, BIKE, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Chest press	3	10			
Incline fly	3	10			
Cable cross-over	3	10			
Deadlift	3	15			
Chin-up	3	to failure			
Cable row	3	15			

#### CYCLING

80-90 miles, at Ironman pace/wattage

#### RUNNING

##### WARM-UP

10 min., easy pace

##### MAIN SET

6 miles at marathon pace/effort. This might feel easy, but that's OK!

*Kris Gettins*  
**MAN OF IRON**

## WEEK 17 WORKOUTS

### DAY 118: RUN

#### RUNNING

##### WARM-UP

2 miles, easy pace

##### MAIN SET

*2 rounds*

4 miles at half-Ironman effort

60 sec. easy walk or jog

##### COOL-DOWN

2 miles, easy pace

### DAY 119: REST