

Kris Gettins
MAN OF IRON



WEEK 18 WORKOUTS

DAY 120: TRICEPS, BICEPS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Triceps cable extension with V-handle	3	12			
Incline skullcrusher	3	12			
Bench dip	3	12			
Dumbbell curls	3	12			
Single-arm dumbbell preacher curl	3	12			
High pulley cable curl	3	12			

SWIMMING

WARM-UP

400 meters easy swimming

MAIN SET

4 rounds

50 meters [touch-face switch drill](#), no fins

25 meters [scull drill](#)

4 rounds

50 meters [touch-face switch drill](#), wearing fins

25 meters [scull drill](#)

400 meters, no fins

4 rounds

50 meters drill of choice, no fins

25 meters [scull drill](#)

4 rounds

50 meters drill of choice, no fins

25 meters [scull drill](#)

FINISHER

8 sets of 50 meters, strong pace, 20 sec. rest after each set

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DAY 121: LEGS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Leg extension	3	15			
Leg press	3	15			
Hack squat	3	15			
Lying hamstring curl	3	15			
Calf press	3	15			

SWIMMING

WARM-UP

15 min., easy pace

MAIN SET

45 min. done at 160-170 max wattage or solid 7/10 effort

COOL-DOWN

15 min., easy pace

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DAY 122: OPTIONAL SWIM

SWIMMING

MAIN SET

5 rounds

100 meters drill of choice

300 meters swim at Ironman-level effort or pace

100 meters drill of choice

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DAY 123: SHOULDERS, ABS, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Behind-the-neck press	3	10			
SUPERSET					
Front raise on decline bench	3	15			
Front raise	3	15			
High pulley row	3	15			
Dumbbell lateral raise <i>with bands on dumbbells for extra resistance, if possible</i>	3	20			
SUPERSET					
Lying leg raise	3	to failure			
Plank	3	to failure			

RUNNING

WARM-UP

1 mile, easy pace

MAIN SET

5 rounds:

1 mile at marathon effort or pace. Keep this pretty relaxed!

90 sec. easy walk or jog

COOL-DOWN

1 mile, easy pace

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DAY 124: CHEST, BACK, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Incline barbell press	3	10			
Bench press	3	10			
Machine chest press	3	10			
Incline fly machine	3	15			
Lat pull-down	3	20			
Deadlift	3	12, 10, 8			
Bent-over Smith machine row	3	12			

SWIMMING

WARM-UP

2 rounds

25 meters swim

25 meters drill of choice

MAIN SET

4 sets of 400 meters, 1 min. rest between rounds. Each 100 meters of the 400 meters should get faster: 60/70/80/90% effort

15 sets of 100 meters at goal race pace, 10 sec. rest between sets

COOL-DOWN

100 meters, easy swim

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DAY 125: BIKE, RUN

CYCLING

90 miles. Effort at Ironman effort or wattage for this whole ride. No more than 190 average wattage.

RUNNING

WARM-UP

10 min., getting your legs under you

MAIN SET

6 miles at marathon pace/effort. This might not feel hard but that is OK!

DAY 126: RUN

RUNNING

WARM-UP

2 miles, easy pace

MAIN SET

3 rounds

3 miles at half-marathon effort or 6/10 effort

60 sec. easy walk or jog

COOL-DOWN

1 miles, easy pace