

Kris Gettins
MAN OF IRON



WEEK 20 WORKOUTS

DAY 134: BICEPS, TRICEPS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
EZ-bar preacher curls	3	10			
Alternating hammer curls	3	12			
SUPERSET					
Cable curl	3	12			
Cable triceps push-down	3	12			
Overhead cable extension	3	12			
Dip	3	to failure			

SWIMMING

WARM-UP

400 meters, easy swim

10 min. of [superman one-arm freestyle](#), alternating arms each 25 meters

MAIN SET

8 sets of 25 meters [streamline kick on back](#), rest 20 sec.

10 min. [touch-and-go freestyle drill](#)

8 sets of 25 meters kick with board, all-out pace

100 meters [superman one-arm freestyle](#), alternating arms each 25 meters

100 meters. [touch-and-go freestyle drill](#)

COOL-DOWN

400 meters, easy pace and smooth technique

Kris Gettins
MAN OF IRON



WEEK 20 WORKOUTS

DAY 135: LEGS, BIKE, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Leg extension	3	20			
Leg press	3	20			
Hack squat	3	15			
Glute-ham raise	3	to failure			
Standing calf press	3	20			

CYCLING

WARM-UP

30 min., easy pace

MAIN SET

4 rounds

20 min. at 200-210 watts or 8/10 effort

5 min. easy spin

COOL-DOWN

30 min., easy pace

**This can be split into two workouts, 15 min. warm-up, two times through the set, and 10 min. cool-down, if needed.*

RUNNING

MAIN SET

30 min., easy pace for recovery

Kris Gettins
MAN OF IRON

WEEK 20 WORKOUTS

DAY 136: REST OR OPTIONAL RECOVERY SWIM

SWIMMING

MAIN SET

Rest as needed throughout

600 meters pull only at Ironman-level effort

500 meters swim at Ironman pace or effort

400 meters drill of choice, alternating two different drills every 50 meters

600 meters pull only at slightly faster than Ironman-level effort

500 meters swim at slightly faster than Ironman-level effort

400 meters drill of choice, alternating two different drills every 50 meters

Kris Gettins
MAN OF IRON



WEEK 20 WORKOUTS

DAY 137: SHOULDERS, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Dumbbell or cable rear delt raise	3	15			
Dumbbell or cable lateral raise	3	20			
Front cable raise	3	10			
SUPERSET					
Shoulder press	3	20			
Machine crunch	3	20			

RUNNING

WARM-UP

1 mile, easy pace

MAIN SET

8 rounds:

1 mile at marathon effort or pace

90 sec. easy walk or jog

COOL-DOWN

Half mile, easy pace

Kris Gettins
MAN OF IRON



WEEK 20 WORKOUTS

DAY 138: CHEST, BACK, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Incline Smith machine press	3	10			
Decline press	3	10			
Machine chest press	3	10			
Lat pull-down	3	12			
Bent-over Smith machine row	3	10			
Machine row	3	20			

SWIMMING

WARM-UP

10 rounds, rest 10 sec. between rounds

25 meters swim

25 meters drill of choice

MAIN SET

6 sets of 500 meters, 1 min. rest between rounds. Each 100 meters of the 500 meters should get faster: 60/70/80/90 percent effort

200 meters drill of choice, easy pace

Kris Gettins
MAN OF IRON

WEEK 20 WORKOUTS

DAY 139: RUNNING

RUNNING

2.5 hours, on trails if possible. Split this into two workouts if you have to. Practice hydration and fueling.

DAY 140: BIKE

CYCLING

100-120 miles, all steady effort at target Ironman effort/pace/wattage. Get in some good hills if possible.