

Kris Gettins
MAN OF IRON



WEEK 21 WORKOUTS

DAY 141: TRICEPS, BICEPS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Triceps rope push-down	3	12			
Barbell curl	3	12			
SUPERSET					
Alternating dumbbell curl	3	15			
Skullcrusher	3	15			
SUPERSET					
Preacher curl	3	12			
Triceps dip	3	25			

SWIMMING

WARM-UP

10 sets of 50 meters, 15 sec. rest between sets

MAIN SET

300 meters [head-lead flutter kick on side](#), alternating sides every 25 meters

2 sets of 500 meters pull with big toes connected and no kicking. Keep it easy, rest as needed between sets.

10 sets of 50 meters swim, strong pace, 15 sec. rest between sets

COOL-DOWN

100 meters, easy pace

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DAY 142: LEGS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Pause squat	3	10			
Vertical leg press	3	20			
Walking lunge	3	20 per leg			
Calf press on leg press	3	20			

CYCLING

WARM-UP

30 min., easy pace

MAIN SET

3 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.*

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DAY 143: REST OR OPTIONAL RECOVERY SWIM

SWIMMING

MAIN SET

9 sets of 50 meters, limiting strokes to work on kicking on side, and stroke power:

50 meters in only 6 strokes

50 meters in only 8 strokes

50 meters in only 10 strokes

50 meters, easy swim, counting your strokes (you'll need this for the next set)

5 sets of 500 meters, using 2 strokes less per 50 meters than you did in easy swim. Rest as needed.
This is meant to be slow!

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WEEK 21 WORKOUTS

DAY 144: CHEST, BACK, RUN, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Deadlift	3	12			
SUPERSET					
Incline dumbbell fly	3	12			
Bent-over dumbbell row	3	12			
SUPERSET					
Decline leverage row	3	20			
Leverage row, reverse grip	3	10			
Smith machine floor press	3	10			

RUNNING

WARM-UP

1 mile, easy pace

MAIN SET

7 miles, target marathon pace or 6/10 effort. This shouldn't feel too hard.

COOL-DOWN

1 mile, easy pace

CYCLING

45 min., easy pace

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WEEK 21 WORKOUTS

DAY 145: SHOULDERS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Leverage chest press	3	15			
Front plate raise	3	15			
SUPERSET					
Dumbbell lateral raise	3	15			
Upright row	3	15			
SUPERSET					
Dumbbell rear lateral raise	3	15			
Lying leg raise with band for extra resistance	3	to failure			
Dumbbell shrug	3	15			
SUPERSET					
Swiss ball crunch	3	to failure			

SWIMMING

WARM-UP

5 rounds

50 meters

50 meters with big toes touching

MAIN SET

4 sets of 800 meters at Ironman pace or effort, but with last 100 meters of each 800 slightly faster. Get out of pool, walk a brisk lap around pool, hop back in, and continue with the next 800 meters.

200 meters drill of choice, easy pace

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DAY 146: SWIM, RUN

SWIMMING

1 hour or 3 kilometers

RUNNING

1.5 hours. Build up to near target marathon pace for first hour. If you are feeling strong, you can boost to half-marathon pace, but no faster.

DAY 147: RUN, BIKE

RUNNING

11 miles or approximately 2 hours, close to marathon pace

CYCLING

WARM UP

30 min., easy pace

MAIN SET

2 rounds

30 min. at target Ironman wattage or steady 6/10 effort

10 min. easy pace

COOL-DOWN

30 min., easy pace