

*Kris Gettins*  
**MAN OF IRON**



## WEEK 23 WORKOUTS

### DAY 155: TRICEPS, BICEPS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>TRISSET</b>					
Triceps extension	3	20			
Bench dip	3	to failure			
Close-grip push-up	3	to failure			
<b>SUPERSET</b>					
Reverse-grip cable push-down	3	12			
Underhand cable curl	3	12			
Hammer curl	3 double dropsets	15			

### SWIMMING

#### MAIN SET

1000 meters [pull with buoy](#) at Ironman effort

3 sets of 500 meters pull with buoy and paddles at Ironman effort

1000 meters swim at Ironman effort

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## WEEK 23 WORKOUTS

DAY 156: SHOULDERS, ABS					
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Face-pull	3	12			
Smith machine upright row	3	12			
SUPERSET					
Rear delt raise	3	20			
Seated dumbbell lateral raise	3	20			
SUPERSET					
Incline cable front raise	3	12			
Standing cable front raise <i>Using pronated (palms down) grip</i>	3	12			
TRISSET					
Sit-up	3	10			
Crunch with 10 sec. hold at top	3	10			
Hanging leg raise	3	to failure			

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## WEEK 23 WORKOUTS

### DAY 157: REST OR OPTIONAL RECOVERY SWIM

#### SWIMMING

##### MAIN SET

2 sets of 400 meters pull, 1 min. between sets but no rest before next 1000 meters  
 1000 meters at 8/10 effort

##### COOL-DOWN

500 meters pull, easy pace

### DAY 158: CHEST, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Incline machine press	4	8				
Bench press	4	15				
Decline bench press	3	15				
Machine fly	3 double dropsets	20				
Incline guillotine press	3	15				

#### RUNNING

##### WARM-UP

1 mile, easy pace

##### MAIN SET

4 miles at 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 23 WORKOUTS

### DAY 159: BACK, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Deadlift	6	15						

#### OPEN WATER SWIM

Approximately 1600 meters, straight swim

### DAY 160: GLUTES, CALVES, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Hip thrust	3	20			
Abductor machine	3	25			
Glute kick-back	3	15			
SUPERSET					
Standing calf press	3	20			
Donkey calf press	3	20			
Seated calf press	3	20			

#### CYCLING

2 hours at a chill 6/10 effort, going out for a joy ride

### DAY 161: RUN

#### RUNNING

8 miles, all at target marathon pace. This shouldn't feel too hard!