

Kris Gettins
MAN OF IRON



WEEK 11 WORKOUTS

DAY 71: SHOULDERS, TRICEPS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Front raise with front press <i>Perform a front raise, then mimic a dumbbell press motion while standing. That equals one rep.</i>	3	15			
Dumbbell swing <i>Either standing on floor or BOSU ball</i>	3	15			
Single kettlebell clean and press <i>Either standing on floor or BOSU ball</i>	3	15			
Medicine ball close-grip push-up <i>Hands on two medicine balls</i>	3	12			
SUPERSET					
Suspensions trap overhead triceps extension	3	to failure			
Close-grip push-up <i>Hands on BOSU ball</i>	3	to failure			
Medicine ball sit-up <i>Passing ball from hands to shins</i>	3	to failure			
Plank <i>Hands on exercise ball and feet on BOSU ball</i>	3	to failure			

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WEEK 11 WORKOUTS

DAY 71: SHOULDERS, TRICEPS, ABS, SWIM (CONT.)

SWIMMING

300 meter free swim, or choice of drill

WARM-UP

4 sets of 50 meters kick with board, 25 sec. rest between sets. Get faster each set. First is moderate, fourth is fast!

4 sets of 50 meters kick on side, no board, hand lead. Alternate leading arm every 50 meters. 20 sec. rest between sets.

MAIN SET

3 rounds

50 meters [kick with board](#), starting out fast, backing off for second half, 15 sec. rest
Press-out at side of pool 30 sec. or max of 10 reps, 45 sec. rest

6 rounds

100 meters freestyle swim, 20 sec. rest

Optional bonus set: 2 rounds

100 meters easy freestyle swim, rest 30 sec.

100 meters fast freestyle swim, rest 30 sec.

100 meters easy freestyle swim, rest 30 sec.

COOL-DOWN

100 meters easy swim

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WEEK 11 WORKOUTS

DAY 72: LEGS, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Single-leg extension <i>Each rep is a 1-1/2 rep: Raise weight, then lower halfway, raise again, and lower all the way down.</i>	3	20			
Single-leg seated hamstring curl <i>Each rep is a 1-1/2 rep: Raise weight, then lower halfway, raise again, and lower all the way down.</i>	3	20			
Lateral lunge	3	20			
Squat (holding plate in front) <i>With lateral step between each rep, pushing a plate with the inside of the foot</i>	1	20			
Walking lunge with rotation to front leg <i>Holding plate in front of chest</i>	3	20			
Single-leg standing cable calf press <i>Forefoot in ankle strap</i>	3	20			

RUNNING

WARM-UP

1 mile, easy pace

MAIN SET

3 rounds

1 mile, 7/10 effort

1 min. walk

0.5 mile, 8/10 effort

1 min. walk

0.25 mile, 9.5/10 effort, as fast as possible

2 min. walk

COOL-DOWN

1 mile, easy pace

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WEEK 11 WORKOUTS

DAY 73: BACK, BICEPS, BIKE, OPTIONAL RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Standing cable row	3	20			
Cable deadlift	2	16			
Single-arm cable deadlift	2	16 per side			
SUPERSET					
Neutral grip pull-up	3	to failure			
Cable internal shoulder rotation	3	to failure (each arm)			
Alternating bent-over row <i>With band for extra resistance. Use dumbbells or shrug machine, either standing on ground or BOSU ball.</i>	3	15			
TRISSET					
Barbell curl	3	20			
Alternating dumbbell curl	3	12			
Plate curl	3	12			

CYCLING

WARM-UP

10 min., easy pace

5 min., building effort from easy to 8/10 effort

5 min., easy pace

MAIN SET

10 Rounds

2 min., very strong 8.5/10 effort, but not a sprint

2 min., easy spin

COOL-DOWN

10 min., easy pace

OPTIONAL RUNNING

3 miles, right off of the bike, no more than 5/10 effort.

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WEEK 11 WORKOUTS

DAY 74: CHEST, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Incline dumbbell fly <i>With band for extra resistance</i>	3	20			
SUPERSET					
<i>3 sets, performing each rep back to back, almost like a burpee</i>					
Sit-up with medicine ball	3	to failure			
Push-up with medicine ball	3	to failure			
Typewriter push-up	3	to failure			
Plank	3	to failure			

SWIMMING

Either 1000 meters open water swim or pool drills

WARM-UP

200 meters easy swimming

200 meters drill of choice

MAIN SET

2 rounds, rest 1 min. between rounds

100 meters easy, 50 meters strong, rest 30 sec.

75 meters easy, 75 meters strong, rest 30 sec.

50 meters easy, 100 meters strong, rest 30 sec.

25 meters easy, 125 meters strong, rest 30 sec.

150 meters strong

COOL-DOWN

200 meters [catch-up drill](#), easy pace

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WEEK 11 WORKOUTS

DAY 75: REST

Note: Kris skipped Wednesday's cycling workout and attempted a 100-mile ride in the mountains today instead.

DAY 76: RUN

RUNNING

Either half-marathon distance or two split runs

MORNING RUN

10 min. strong 7.5/10 or half-Ironman effort

8 miles, building slightly to max of 7/10 effort, but still relaxed

AFTERNOON/EVENING RUN

5 miles, max effort of 6/10

DAY 77: BIKE

CYCLING

2 hours, getting in as much climbing as possible and trying to keep pedaling cadence steady