

Kris Gettins
MAN OF IRON



WEEK 12 WORKOUTS

DAY 78: SHOULDERS, TRICEPS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
SUPERSET							
Standing barbell military press	5	50, 40, 30, 20, 10					
Barbell skull crusher	5	50, 40, 30, 20, 10					
SUPERSET							
Upright barbell row	5	10, 20, 30, 40, 50					
Bent-arm barbell pull-over	5	10, 20, 30, 40, 50					

SWIMMING

Either 2000 meter open-water swim or pool drills

WARM-UP

200 meters easy swim

200 meters [Superman one-arm drill](#), alternating arms every 50 meters

200 meters easy swim

200 meters, alternating kick with board and freestyle every 50 meters

MAIN SET

2 rounds, rest 1 min. between rounds

3 sets of 100 meters strong effort with paddles but no buoy, rest 10 sec. between sets

200 meters [easy pull with buoy](#), but no paddles

200 meters easy pull (buoy, no paddles)

2 sets of 200 meters [pull with buoy](#), strong effort, 30 sec. rest between sets

COOL-DOWN

200 meters, easy pace

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DAY 79: LEGS, CYCLING							
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
Leg press, narrow low stance	5	50, 40, 30, 20, 10					
Leg press, wide high stance	5	10, 20, 30, 40, 50					
Donkey calf raise	5	20					

CYCLING

WARM-UP

10 mins, easy pace

MAIN SET

10 Rounds

0.5 miles, strong 8/10 effort

1 min. walk

COOL-DOWN

10 min, easy pace

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WEEK 12 WORKOUTS

DAY 80: BACK, BICEPS, BIKE, OPTIONAL RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
Bent-over row	5	30, 25, 20, 15, 10					
Lat pull-down	5	10, 15, 20, 25, 30					
Preacher curl	5	30, 25, 20, 15, 10					
High cable curl	5	10, 15, 20, 25, 30					

CYCLING

WARM-UP

15 min., easy pace

MAIN SET

1 full hour alternating two speeds with no rest

3 min., 7.5/10 effort or half-Ironman pace

2 min., very strong 9/10 effort

COOL-DOWN

15 min., easy pace

OPTIONAL RUNNING

30-40 min., easy pace, right after the bike, max effort 4/10

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DAY 81: CHEST, ABS, SWIM, OPTIONAL BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
SUPERSET							
Machine fly	5	50, 40, 30, 20, 10					
Lying leg raise <i>Holding weight plate above face</i>	3	to failure					
SUPERSET							
Dumbbell press <i>With resistance band</i>	5	10, 20, 30, 40, 50					
Bicycle sit-up	3	to failure					

SWIMMING

WARM-UP

3 rounds

50 meters kick with board

50 meters swim with hands in fists

50 meters easy swim

50 meters [pull with buoy](#)

50 meters swim with big toes touching each other

MAIN SET

20 sets of 25 meters with paddles, strong effort, 30 sec. rest between

10 sets of 50 meters [with buoy](#), strong effort, 1 min. rest between

5 sets of 100 meters with paddles, strong effort, 90 sec. rest between each set

COOL-DOWN

100 meters, easy pace

OPTIONAL BIKE

1 hour, 4/10 effort max. Keep it easy!

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WEEK 12 WORKOUTS

DAY 82: REST

DAY 83: BIKE, RUN

CYCLING

WARM-UP

45 min., increasing effort little by little

MAIN SET

2.5 hours, strong 7.5/10 or half-Ironman effort, then go right to the run

RUNNING

WARM-UP

5 min., easy pace, just getting your legs under you

MAIN SET

3 rounds

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

3 min. easy pace

COOL-DOWN

20 min., easy pace

DAY 84: BIKE, RUN

CYCLING

4 hours, easy pace

RUNNING

WARM-UP

30 min., easy pace

MAIN SET

6 rounds

1 mile, at strong 7.5/10 or half-Ironman effort

0.5 mile 8/10 or slightly faster than half-Ironman effort

2 min., walk or jog

COOL-DOWN

1 mile, easy pace