

Octathalon course

Bike

Lat pulls

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|----------------------------------|------|---------------|
| Club course Men | 1km | 40 reps 30kg |
| Women | 1km | 40 reps 20kg |
| Cup course Men | 1km | 40 reps 45kg |
| Women | 1km | 40 reps 30kg |
| Ultra-Octathalon Club course Men | 3km | 60 reps 25kg |
| Women | 3km | 60 reps 15kg |
| Ultra-Octathalon Cup course Men | 3km | 60 reps 40kg |
| Women | 3km | 60 reps 25kg |
| Ironman Octathalon course Men | 5km | 100 reps 30kg |
| Women | 5km | 100 reps 20kg |
| Rock Octathalon course Men | 500m | 20 reps 55kg |
| Women | 500m | 20 reps 40kg |
| Sprint Octathalon course Men | 400m | 10 reps 90kg |
| Women | 400m | 10 reps 60kg |
| Senior Octathalon Course Men | 600m | 30 reps 15kg |
| Women | 600m | 30 reps 15kg |
| Junior Black Grade course Boys | 1km | 40 reps 30kg |
| Girls | 1km | 40 reps 20kg |

Which course suits you best?

Enter your results for any of these Duo Challenges under **your own profile** on www.octathalon.com.

Find out your own ranking for your own age group in the country, in your world region and in the world.

Why not now have a go at the Quatro Challenges?

Your local Octathalon Trainer is:-