

Octathalon course

Bike

Lat pulls

Club course Men	1km	40 reps 66lbs
Women	1km	40 reps 44lbs
Cup course Men	1km	40 reps 100lbs
Women	1km	40 reps 65lbs
Ultra-Octathalon Club course Men	3km	60 reps 55lbs
Women	3km	60 reps 33lbs
Ultra-Octathalon Cup course Men	3km	60 reps 85lbs
Women	3km	60 reps 55lbs
Ironman Octathalon course Men	5km	100 reps 65lbs
Women	5km	100 reps 45lbs
Rock Octathalon course Men	500m	20 reps 120lbs
Women	500m	20 reps 85lbs
Sprint Octathalon course Men	400m	10 reps 195lbs
Women	400m	10 reps 130lbs
Senior Octathalon Course Men	600m	30 reps 33lbs
Women	600m	30 reps 33lbs
Junior Black Grade course Boys	1km	40 reps 65lbs
Girls	1km	40 reps 45lbs

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:-