

Octathalon Bike course Lat pulls Step ups Sit ups

Club Men	1km	40 reps	30kg	50 with 6kg	30
Women	1km	40 reps	20kg	50 with 3kg	30
Cup Men	1km	40 reps	45kg	50 with 10kg	60
Women	1km	40 reps	30kg	50 with 5kg	60
Ultra Club Men	3km	60 reps	25kg	100 with 6kg	50
Women	3km	60 reps	15kg	100 with 3kg	50
Ultra Cup Men	3km	60 reps	40kg	100 with 10kg	80
Women	3km	60 reps	25kg	100 with 5kg	80
Ironman Men	5km	100 reps	30kg	200 with 6kg	100
Women	5km	100 reps	20kg	200 with 3kg	100
Rock Men	500m	20 reps	55kg	30 with 20kg	30
Women	500m	20 reps	40kg	30 with 12kg	30
Sprint Men	400m	10 reps	90kg	20 with 25kg	20
Women	400m	10 reps	60kg	20 with 15kg	20
Senior Men	600m	30 reps	15kg	30 with 3kg (2 risers)	20 (half)
Women	600m	30 reps	15kg	30 with 3kg (2 risers)	20 (half)
Junior Boys	1km	40 reps	30kg	50 reps with 5kg	30
Girls	1km	40 reps	2kg	50 reps with 3kg	30

Which course suits you best?

Enter your results for any of these Quatro 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.

Your local Octathalon Trainer is:-