

## Octathalon course

## Step ups

## Sit ups

|                                  |                         |           |
|----------------------------------|-------------------------|-----------|
| Club course Men                  | 50 with 12lbs           | 30        |
| Women                            | 50 with 6lbs            | 30        |
| Cup course Men                   | 50 with 24lbs           | 60        |
| Women                            | 50 with 12lbs           | 60        |
| Ultra-Octathalon Club course Men | 100 with 12lbs          | 50        |
| Women                            | 100 with 6lbs           | 50        |
| Ultra-Octathalon Cup course Men  | 100 with 24lbs          | 80        |
| Women                            | 100 with 12lbs          | 80        |
| Ironman Octathalon course Men    | 200 with 12lbs          | 100       |
| Women                            | 200 with 6lbs           | 100       |
| Rock Octathalon course Men       | 30 with 45lbs           | 30        |
| Women                            | 30 with 27lbs           | 30        |
| Sprint Octathalon course Men     | 20 with 55lbs           | 20        |
| Women                            | 20 with 33lbs           | 20        |
| Senior Octathalon Course Men     | 30 with 6lbs (2 risers) | 20 (half) |
| Women                            | 30 with 6lbs (2 risers) | 20 (half) |
| Junior Black Grade course Boys   | 50 with 12lbs           | 30        |
| Girls                            | 50 with 6lbs            | 30        |

### Which course suits you best?

Enter your results for any of these Duo Challenges under **your own profile** on [www.octathalon.com](http://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:-**