

Octathalon Row Bench Press Run Shoulder Press course

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|----------------|-------|---------------|-----------------------|---------------|
| Club Men | 500m | 40 reps 25kg | 400m 10% | 40 reps 15kg |
| Women | 500m | 40 reps 10kg | 400m 10% | 40 reps 5kg |
| Cup Men | 500m | 40 reps 35kg | 400m 10% | 40 reps 25kg |
| Women | 500m | 40 reps 20kg | 400m 10% | 40 reps 15kg |
| Ultra Club Men | 1000m | 60 reps 20kg | 400m 5% then 400m 10% | 60 reps 15kg |
| Women | 1000m | 60 reps 5kg | 400m 5% then 400m 10% | 60 reps 5kg |
| Ultra Cup Men | 1000m | 60 reps 35kg | 400m 5% then 400m 10% | 60 reps 20kg |
| Women | 1000m | 60 reps 20kg | 400m 5% then 400m 10% | 60 reps 10kg |
| Ironman Men | 2000m | 100 reps 25kg | 1500m | 100 reps 15kg |
| Women | 2000m | 100 reps 10kg | 1500m | 100 reps 5kg |
| Rock Men | 300m | 20 reps 55kg | 200m 10% | 20 reps 35kg |
| Women | 300m | 20 reps 35kg | 200m 10% | 20 reps 20kg |
| Sprint Men | 250m | 10 reps 80kg | 100m 10% | 10 reps 50kg |
| Women | 250m | 10 reps 45kg | 100m 10% | 10 reps 30kg |
| Senior Men | 400m | 30 reps 5kg | 300m 5% | 20 reps 5kg |
| Women | 400m | 30 reps 5kg | 300m 5% | 20 reps 5kg |
| Junior Boys | 500m | 40 reps 20kg | 400m 10% | 40 reps 15kg |
| Girls | 500m | 40 reps 10kg | 400m 10% | 40 reps 5kg |

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:-