

Octathalon course

Row

Bench Press

Club course Men	500m	40 reps 55lbs
Women	500m	40 reps 22lbs
Cup course Men	500m	40 reps 75lbs
Women	500m	40 reps 45lbs
Ultra-Octathalon Club course Men	1000m	60 reps 45lbs
Women	1000m	60 reps 12lbs
Ultra-Octathalon Cup course Men	1000m	60 reps 75lbs
Women	1000m	60 reps 45lbs
Ironman Octathalon course Men	2000m	100 reps 55lbs
Women	2000m	100 reps 25lbs
Rock Octathalon course Men	300m	20 reps 120lbs
Women	300m	20 reps 75lbs
Sprint Octathalon course Men	250m	10 reps 170lbs
Women	250m	10 reps 96lbs
Senior Octathalon Course Men	400m	30 reps 11lbs
Women	400m	30 reps 11lbs
Junior Black Grade course Boys	400m	30 reps 33lbs
Girls	400m	30 reps 11lbs

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:-