

## Octathalon course

## Run

## Shoulder Press

Club course Men	400m 10%	40 reps 15kg
Women	400m 10%	40 reps 5kg
Cup course Men	400m 10%	40 reps 25kg
Women	400m 10%	40 reps 15kg
Ultra-Octathalon Club course Men	400m 5% then 400m 10%	60 reps 15kg
Women	400m 5% then 400m 10%	60 reps 5kg
Ultra-Octathalon Cup course Men	400m 5% then 400m 10%	60 reps 20kg
Women	400m 5% then 400m 10%	60 reps 10kg
Ironman Octathalon course Men	1500m	100 reps 15kg
Women	1500m	100 reps 5kg
Rock Octathalon course Men	200m 10%	20 reps 35kg
Women	200m 10%	20 reps 20kg
Sprint Octathalon course Men	100m 10%	10 reps 50kg
Women	100m 10%	10 reps 30kg
Senior Octathalon Course Men	300m 5%	20 reps 5kg
Women	300m 5%	20 reps 5kg
Junior Black Grade course Boys	400m 10%	40 reps 15kg
Girls	400m 10%	40 reps 5kg

## 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:-**