



# OCTATHALON

TM

| <b>Octathalon<br/>Junior Green Grade</b> | Planned<br>Data | Actual<br>Time | Splits | Duo times | Quattro<br>times |
|--|-----------------|----------------|--------|-----------|------------------|
| <b>BIKE</b><br>600m                      |                 |                |        |           |                  |
| <b>LAT PULLS</b><br>30 reps 15kg         |                 |                |        |           |                  |
| <b>STEP UPS</b><br>30 reps with 3kg      |                 |                |        |           |                  |
| <b>SIT UPS</b><br>20 half reps           |                 |                |        |           |                  |
| <b>ROW</b><br>400 meters                 |                 |                |        |           |                  |
| <b>BENCH PRESS</b><br>30 reps 5kg        |                 |                |        |           |                  |
| <b>RUN</b><br>300m on 7%                 |                 |                |        |           |                  |
| <b>SHOULDER PRESS</b><br>20 reps 5kg     |                 |                |        |           |                  |
| Heartbeat at the end                     |                 |                |        |           |                  |
| Heartbeat 1 & 2 mins afterwards          |                 |                |        |           |                  |
| <b>Total Time for Course</b>             |                 |                |        |           |                  |

Please use this form to record your times for either a specific Duo or Quattro segment of the course, or indeed if you wish to record your times for the run through of the whole course. All this data can be kept under your own profile on the Octathalon website where it you can view your progress over time and compare your results with others in your age category.

[www.octathalon.com](http://www.octathalon.com)

**Disclaimer**

The WOA does not accept any responsibility for any actions or any results or any consequences arising from the running through any one of the Octathalon courses. Before doing any Octathalon training or running through of any of the Octathalon courses it is recommended that you first seek medical advice that you are fit enough to do so.