



# OCTATHALON

TM

<b>Octathalon Juniors Under 19 Pairs</b>	Planned Data	Actual Time	Splits	Duo times	Quattro times
<b>BIKE</b> 2km – Boys 2km – Girls					
<b>LAT PULLS</b> 50 reps 30kg - Boys 50 reps 20kg – Girls					
<b>STEP UPS</b> 50 reps with 5kg – Boys 50 reps with 3kg – Girls					
<b>SIT UPS</b> 30 reps - Boys 30 reps – Girls					
<b>ROW</b> 500 meters - Boys 50 meters – Girls					
<b>BENCH PRESS</b> 40 reps 20kg - Boys 40 reps 10 kg – Girls					
<b>RUN</b> 400m on 10% - Boys 400m on 10% - Girls					
<b>SHOULDER PRESS</b> 40 reps 15kg - Boys 40 reps 5kg - Girls					
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.