



OCTATHALON

TM

Octathalon Juniors Under 19 Pairs (Imperial)	Planned Data	Actual Time	Splits	Duo times	Quattro times
BIKE 2km (1.24miles)– Boys 2km (1.24miles)– Girls					
LAT PULLS 50 reps 65lbs - Boys 50 reps 45lbs – Girls					
STEP UPS 50 reps with 12lbs – Boys 50 reps with 6lbs – Girls					
SIT UPS 30 reps - Boys 30 reps – Girls					
ROW 500 meters - Boys 50 meters – Girls					
BENCH PRESS 40 reps 45lbs - Boys 40 reps 25lbs – Girls					
RUN 400m on 10% - Boys 400m on 10% - Girls					
SHOULDER PRESS 40 reps 33lbs - Boys 40 reps 11lbs - Girls					
Heartbeat at the end					
Heartbeat 1 & 2 mins afterwards					
Total Time for Course					

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

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.