



# OCTATHALON

TM

Octathlon Club Pairs	Planned Data	Actual Time	Splits	Duo times	Quattro times
<b>BIKE</b> 2km –Men 2km - Women					
<b>LAT PULLS</b> 50 reps 35kg - Men 50 reps 25kg - Women					
<b>STEP UPS</b> 50 reps with 6kg –Men 50 reps with 3kg -Women					
<b>SIT UPS</b> 30 reps - Men 30 reps -Women					
<b>ROW</b> 500 meters - Men 500 meters - Women					
<b>BENCH PRESS</b> 40 reps 30kg - Men 40 reps 15 kg - Women					
<b>RUN</b> 400m on 10% - Men 400m on 10% -Women					
<b>SHOULDER PRESS</b> 40 reps 15kg - Men 40 reps 5kg - Women					
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 Octathlon website where it you can view your progress over time and compare your results with others in your age category.

[www.octathlon.com](http://www.octathlon.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 Octathlon courses. Before doing any Octathlon training or running through of any of the Octathlon courses it is recommended that you first seek medical advice that you are fit enough to do so.