



OCTATHALON

TM

Octathlon Club Pairs (Imperial)	Planned Data	Actual Time	Splits	Duo times	Quattro times
BIKE 2km (1.24 miles) – Men 2km (1.24 miles) - Women					
LAT PULLS 50 reps 75lbs - Men 50 reps 55lbs - Women					
STEP UPS 50 reps with 12lbs –Men 50 reps with 6lbs -Women					
SIT UPS 30 reps - Men 30 reps –Women					
ROW 500 meters - Men 500 meters - Women					
BENCH PRESS 40 reps 65lbs - Men 40 reps 33lbs - Women					
RUN 400m on 10% - Men 400m on 10% -Women					
SHOULDER PRESS 40 reps 33lbs - Men 40 reps 11lbs - Women					
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 Octathlon website where it you can view your progress over time and compare your results with others in your age category.

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.