



# OCTATHALON

TM

Octathalon Short Course Pairs (Imperial)	Planned Data	Actual Time	Splits	Duo times	Quattro times
<b>BIKE</b> 1km (0.62 miles)–Men 1km (0.62 miles)- Women					
<b>LAT PULLS</b> 20 reps 65lbs - Men 20 reps 45lbs - Women					
<b>STEP UPS</b> 20 reps with 12lbs –Men 20 reps with 6lbs -Women					
<b>SIT UPS</b> 15 reps - Men 15 reps –Women					
<b>ROW</b> 300 meters - Men 300 meters - Women					
<b>BENCH PRESS</b> 20 reps 55lbs - Men 20 reps 25lbs - Women					
<b>RUN</b> 400m on 5% - Men 400m on 5% -Women					
<b>SHOULDER PRESS</b> 20 reps 33lbs - Men 20 reps 11lbs - 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 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.