



# OCTATHALON

TM

Octathalon Sprint Pairs	Planned Data	Actual Time	Splits	Duo times	Quattro times
<b>BIKE</b> 400m –Men 400m - Women					
<b>LAT PULLS</b> 10 reps 90kg - Men 10 reps 60kg - Women					
<b>STEP UPS</b> 20 reps with 25kg –Men 20 reps with 15kg -Women					
<b>SIT UPS</b> 20 reps - Men 20 reps -Women					
<b>ROW</b> 250 meters - Men 250 meters - Women					
<b>BENCH PRESS</b> 10 reps 80kg - Men 10 reps 45 kg - Women					
<b>RUN</b> 100m on 10% - Men 100m on 10% -Women					
<b>SHOULDER PRESS</b> 10 reps 50kg - Men 10 reps 30kg - 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.