



# OCTATHALON

TM

<b>Octathalon Club</b> (Imperial measures)	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> 40 reps 66 lbs - Men 40 reps 44 lbs - Women					
<b>STEP UPS</b> 50 reps with 12lbs –Men 50 reps with 6 lbs - 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 55 lbs - Men 40 reps 22 lbs - Women					
<b>RUN</b> 400m (0.25 miles ) on 10% - Men & Women					
<b>SHOULDER PRESS</b> 40 reps 33lbs - Men 40 reps 11 lbs - 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.