



# OCTATHALON

TM

<b>Octathalon Cup</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 100 lb - Men 40 reps 65 lb - Women					
<b>STEP UPS</b> 50 reps with 24lbs – Men 50 reps with 12lbs -Women					
<b>SIT UPS</b> 60 reps - Men 60 reps -Women					
<b>ROW</b> 500m - Men 500m - Women					
<b>BENCH PRESS</b> 40 reps 75 lbs- Men 40 reps 45 lbs - Women					
<b>RUN</b> 400m (0.25 miles) on 10% - Men & Women					
<b>SHOULDER PRESS</b> 40 reps 55 lbs - Men 40 reps 33 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.