



OCTATHALON

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Octathalon Short Course (Imperial measures)	Planned Data	Actual Time	Splits	Duo times	Quattro times
BIKE 1km (0.62 miles)– Men 1km (0.62 miles)- Women					
LAT PULLS 20 reps 65 lbs - Men 20 reps 45 lbs - Women					
STEP UPS 20 reps with 12lbs –Men 20 reps with 6 lbs - Women					
SIT UPS 15 reps - Men 15 reps -Women					
ROW 300 meters - Men 300 meters - Women					
BENCH PRESS 20 reps 55 lbs - Men 20 reps 25 lbs - Women					
RUN 400m (0.25 miles) on 5% - Men & Women					
SHOULDER PRESS 20 reps 33lbs - Men 20 reps 11 lbs - 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 Octathalon website where it you can view your progress over time and compare your results with others in your age category.

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.