



# OCTATHALON

TM

Ultra-Octathalon Cup (Imperial measures)	Planned Data	Actual Time	Splits	Duo times	Quattro times
<b>BIKE</b> 3km (1.86 miles)–Men 3km (1.86 miles) - Women					
<b>LAT PULLS</b> 60 reps 85lbs - Men 60 reps 55lbs - Women					
<b>STEP UPS</b> 100 reps with 24lbs –Men 100 reps with 12lbsWomen					
<b>SIT UPS</b> 80 reps - Men 80 reps -Women					
<b>ROW</b> 1000 meters - Men 1000 meters - Women					
<b>BENCH PRESS</b> 60 reps 75lbs - Men 60 reps 45lbs - Women					
<b>RUN</b> 400m (0.25miles) on 5% - then 400m (0.25miles) on 10% - Men & Women					
<b>SHOULDER PRESS</b> 60 reps 45lbs - Men 60 reps 25lbs - 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.