

Octathalon course

Bike

Lat pulls

Club course Men	1km	40 reps 30kg
Women	1km	40 reps 20kg
Cup course Men	1km	40 reps 45kg
Women	1km	40 reps 30kg
Ultra-Octathalon Club course Men	3km	60 reps 25kg
Women	3km	60 reps 15kg
Ultra-Octathalon Cup course Men	3km	60 reps 40kg
Women	3km	60 reps 25kg
Ironman Octathalon course Men	5km	100 reps 30kg
Women	5km	100 reps 20kg
Rock Octathalon course Men	500m	20 reps 55kg
Women	500m	20 reps 40kg
Sprint Octathalon course Men	400m	10 reps 90kg
Women	400m	10 reps 60kg
Senior Octathalon Course Men	600m	30 reps 15kg
Women	600m	30 reps 15kg
Junior Black Grade course Boys	1km	40 reps 30kg
Girls	1km	40 reps 20kg

Which course suits you best?

Enter your results for any of these Duo Challenges under **your own profile** on www.octathalon.com.

Find out your own ranking for your own age group in the country, in your world region and in the world.

Why not now have a go at the Quatro Challenges?

Your local Octathalon Trainer is:-