

Octathalon course **Bike** **Lat pulls** **Step ups** **Sit ups**

Club Men	1km	40 reps	66lbs	50 with 12lbs	30
Women	1km	40 reps	44lbs	50 with 6lbs	30
Cup Men	1km	40 reps	100lbs	50 with 24lbs	60
Women	1km	40 reps	65lbs	50 with 12lbs	60
Ultra Club Men	3km	60 reps	55lbs	100 with 12lbs	50
Women	3km	60 reps	33lbs	100 with 6lbs	50
Ultra Cup Men	3km	60 reps	85lbs	100 with 24lbs	80
Women	3km	60 reps	55lbs	100 with 12lbs	80
Ironman Men	5km	100 reps	65lbs	200 with 12lbs	100
Women	5km	100 reps	45lbs	200 with 6lbs	100
Rock Men	500m	20 reps	120lbs	30 with 45lbs	30
Women	500m	20 reps	85lbs	30 with 27lbs	30
Sprint Men	400m	10 reps	195lbs	20 with 55lbs	20
Women	400m	10 reps	130lbs	20 with 33lbs	20
Senior Men	600m	30 reps	33lbs	30 with 6lbs (2 risers)	20 (half)
Women	600m	30 reps	33lbs	30 with 6lbs (2 risers)	20 (half)
Junior Boys	1km	40 reps	65lbs	50 reps with 12lbs	30
Girls	1km	40 reps	45lbs	50 reps with 6lbs	30

Which course suits you best?

Enter your results for any of these Quatro 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.

Your local Octathalon Trainer is:-