

Octathalon course

Step ups

Sit ups

Club course Men	50 with 6kg	30
Women	50 with 3kg	30
Cup course Men	50 with 10kg	60
Women	50 with 5kg	60
Ultra-Octathalon Club course Men	100 with 6kg	50
Women	100 with 3kg	50
Ultra-Octathalon Cup course Men	100 with 10kg	80
Women	100 with 5kg	80
Ironman Octathalon course Men	200 with 6kg	100
Women	200 with 3kg	100
Rock Octathalon course Men	30 with 20kg	30
Women	30 with 12kg	30
Sprint Octathalon course Men	20 with 25kg	20
Women	20 with 15kg	20
Senior Octathalon Course Men	30 with 3kg (2 risers)	20 (half)
Women	30 with 3kg (2 risers)	20 (half)
Junior Black Grade course Boys	50 with 5kg	30
Girls	50 with 3kg	30

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:-