octathalon
THE POWER OF

2nd QUATRO CHALLENGES

Octathalon course		Row	Bench Press	Run	Shoulder Press
Club	Men	500m	40 reps 25kg	400m 10%	40 reps 15kg
	Women	500m	40 reps 10kg	400m 10%	40 reps 5kg
Cup	Men	500m	40 reps 35kg	400m 10%	40 reps 25kg
	Women	500m	40 reps 20kg	400m 10%	40 reps 15kg
Ultra Club	Men	1000m	60 reps 20kg	400m 5% then 400m 10%	60 reps 15kg
	Women	1000m	60 reps 5kg	400m 5% then 400m 10%	60 reps 5kg
Ultra Cup	Men	1000m	60 reps 35kg	400m 5% then 400m 10%	60 reps 20kg
	Women	1000m	60 reps 20kg	400m 5% then 400m 10%	60 reps 10kg
Ironman	Men	2000m	100 reps 25kg	1500m	100 reps 15kg
	Women	2000m	100 reps 10kg	1500m	100 reps 5kg
Rock	Men	300m	20 reps 55kg	200m 10%	20 reps 35kg
	Women	300m	20 reps 35kg	200m 10%	20 reps 20kg
Sprint	Men	250m	10 reps 80kg	100m 10%	10 reps 50kg
	Women	250m	10 reps 45kg	100m 10%	10 reps 30kg
Senior	Men	400m	30 reps 5kg	300m 5%	20 reps 5kg
	Women	400m	30 reps 5kg	300m 5%	20 reps 5kg
Junior	Boys	500m	40 reps 20kg	400m 10%	40 reps 15kg
	Girls	500m	40 reps 10kg	400m 10%	40 reps 5kg

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:-