

Octathalon course		Row	Bench Press	Run	Shoulder Press
Club	Men	500m	40 reps 55lbs	400m 10%	40 reps 33lbs
	Women	500m	40 reps 22lbs	400m 10%	40 reps 11lbs
Cup	Men	500m	40 reps 75lbs	400m 10%	40 reps 55lbs
	Women	500m	40 reps 45lbs	400m 10%	40 reps 33lbs
Ultra Club	Men	1000m	60 reps 45lbs	400m 5% then 400m 10%	60 reps 33lbs
	Women	1000m	60 reps 12lbs	400m 5% then 400m 10%	60 reps 11lbs
Ultra Cup	Men	1000m	60 reps 75lbs	400m 5% then 400m 10%	60 reps 45lbs
	Women	1000m	60 reps 45lbs	400m 5% then 400m 10%	60 reps 25lbs
Ironman	Men	2000m	100 reps 55lbs	1500m	100 reps 33lbs
	Women	2000m	100 reps 25lbs	1500m	100 reps 11lbs
Rock	Men	300m	20 reps 120lbs	200m 10%	20 reps 75lbs
	Women	300m	20 reps 75lbs	200m 10%	20 reps 45lbs
Sprint	Men	250m	10 reps 170lbs	100m 10%	10 reps 110lbs
	Women	250m	10 reps 96lbs	100m 10%	10 reps 65lbs
Senior	Men	400m	30 reps 11lbs	300m 5%	20 reps 11lbs
	Women	400m	30 reps 11lbs	300m 5%	20 reps 11lbs
Junior	Boys	500m	40 reps 45lbs	400m 10%	40 reps 33lbs
	Girls	500m	40 reps 25lbs	400m 10%	40 reps 11lbs

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:-