

Octathalon course

Row

Bench Press

Club course Men	500m	40 reps 25kg
Women	500m	40 reps 10kg
Cup course Men	500m	40 reps 35kg
Women	500m	40 reps 20kg
Ultra-Octathalon Club course Men	1000m	60 reps 20kg
Women	1000m	60 reps 5kg
Ultra-Octathalon Cup course Men	1000m	60 reps 35kg
Women	1000m	60 reps 20kg
Ironman Octathalon course Men	2000m	100 reps 25kg
Women	2000m	100 reps 10kg
Rock Octathalon course Men	300m	20 reps 55kg
Women	300m	20 reps 35kg
Sprint Octathalon course Men	250m	10 reps 80kg
Women	250m	10 reps 45kg
Senior Octathalon Course Men	400m	30 reps 5kg
Women	400m	30 reps 5kg
Junior Black Grade course Boys	400m	30 reps 5kg
Girls	400m	30 reps 5kg

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:-