

Octathalon course

Run

Shoulder Press

Club course Men	400m 10%	40 reps 33lbs
Women	400m 10%	40 reps 11lbs
Cup course Men	400m 10%	40 reps 55lbs
Women	400m 10%	40 reps 33lbs
Ultra-Octathalon Club course Men	400m 5% then 400m 10%	60 reps 33lbs
Women	400m 5% then 400m 10%	60 reps 11lbs
Ultra-Octathalon Cup course Men	400m 5% then 400m 10%	60 reps 45lbs
Women	400m 5% then 400m 10%	60 reps 25lbs
Ironman Octathalon course Men	1500m	100 reps 33lbs
Women	1500m	100 reps 11lbs
Rock Octathalon course Men	200m 10%	20 reps 75lbs
Women	200m 10%	20 reps 45lbs
Sprint Octathalon course Men	100m 10%	10 reps 110lbs
Women	100m 10%	10 reps 65lbs
Senior Octathalon Course Men	300m 5%	20 reps 11lbs
Women	300m 5%	20 reps 11lbs
Junior Black Grade course Boys	400m 10%	40 reps 33lbs
Girls	400m 10%	40 reps 11lbs

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:-