



OCTATHALON

TM

Octathalon Junior Orange Grade	Planned Data	Actual Time	Splits	Duo times	Quattro times
BIKE 600m					
LAT PULLS 20 reps 15kg					
STEP UPS 30 reps with 3kg					
SIT UPS 15 half reps - assisted					
ROW 300 meters					
BENCH PRESS 20 reps 5kg					
RUN 300m on 6%					
SHOULDER PRESS 10 reps 5kg					
Heartbeat at the end					
Heartbeat 1 & 2 mins afterwards					
Total Time for Course					

Please use this form to record your times for either a specific Duo or Quattro segment of the course, or indeed if you wish to record your times for the run through of the whole course. All this data can be kept under your own profile on the Octathalon website where it you can view your progress over time and compare your results with others in your age category.

www.octathalon.com

Disclaimer

The WOA does not accept any responsibility for any actions or any results or any consequences arising from the running through any one of the Octathalon courses. Before doing any Octathalon training or running through of any of the Octathalon courses it is recommended that you first seek medical advice that you are fit enough to do so.