



OCTATHALON

TM

| Octathalon Junior Yellow Grade | Planned Data | Actual Time | Splits | Duo times | Quattro times |
|---|-------------------------|------------------------|---------------|------------------|--------------------------|
| BIKE 300m | | | | | |
| LAT PULLS 10 reps 10kg | | | | | |
| STEP UPS 30 reps with 2kg | | | | | |
| SIT UPS 10 half reps - assisted | | | | | |
| ROW 250 meters | | | | | |
| BENCH PRESS 10 reps 5kg | | | | | |
| RUN 200m on 5% | | | | | |
| SHOULDER PRESS 10 reps 3kg | | | | | |
| 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.