



OCTATHALON

TM

Octathalon Sprint Pairs	Planned Data	Actual Time	Splits	Duo times	Quattro times
BIKE 400m –Men 400m - Women					
LAT PULLS 10 reps 90kg - Men 10 reps 60kg - Women					
STEP UPS 20 reps with 25kg –Men 20 reps with 15kg -Women					
SIT UPS 20 reps - Men 20 reps -Women					
ROW 250 meters - Men 250 meters - Women					
BENCH PRESS 10 reps 80kg - Men 10 reps 45 kg - Women					
RUN 100m on 10% - Men 100m on 10% -Women					
SHOULDER PRESS 10 reps 50kg - Men 10 reps 30kg - Women					
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.