



OCTATHALON

TM

Senior Octathlon Pairs	Planned Data	Actual Time	Splits	Duo times	Quattro times
BIKE 600m – Men & Women					
LAT PULLS 30 reps 15kg – Men & Women					
STEP UPS 30 reps with 3kg – Men & Women (2 Risers)					
SIT UPS – half sit ups 20 reps – Men & Women					
ROW 400 meters – Men & Women					
BENCH PRESS 30 reps 5kg – Men & Women					
RUN 300m on 5% - Men & Women					
SHOULDER PRESS 20 reps 5kg – Men & 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 Octathlon website where it you can view your progress over time and compare your results with others in your age category.

www.octathlon.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 Octathlon courses. Before doing any Octathlon training or running through of any of the Octathlon courses it is recommended that you first seek medical advice that you are fit enough to do so.