



# OCTATHALON

TM

Ironman Octathlon (Imperial measures)	Planned Data	Actual Time	Splits	Duo times	Quattro times
<b>BIKE</b> 5km (3.1 miles) – Men 5km (3.1 miles) - Women					
<b>LAT PULLS</b> 100 reps 65lbs - Men 100 reps 45lbs - Women					
<b>STEP UPS</b> 200 reps with 12lbs –Men 200 reps with 6lbs -Women					
<b>SIT UPS</b> 100 reps - Men 100 reps – Women					
<b>ROW</b> 2000 meters - Men 2000 meters - Women					
<b>BENCH PRESS</b> 100 reps 55lbs - Men 100 reps 25lbs - Women					
<b>RUN</b> 1.5 km (0.93 miles) on 5% - Men & Women					
<b>SHOULDER PRESS</b> 100 reps 33lbs - Men 100 reps 11lbs - Women					
Heartbeat at the end					
Heartbeat 1 & 2 mins afterwards					
<b>Total Time for Course</b>					

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](http://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.