



OCTATHALON

TM

R-Octathlon (Imperial measures)	Planned Data	Actual Time	Splits	Duo times	Quattro times
BIKE 500m –Men 500m - Women					
LAT PULLS 20 reps 120lbs - Men 20 reps 85lbs - Women					
STEP UPS 30 reps with 45lbs –Men 30 reps with 27lbs -Women					
SIT UPS 30 reps - Men 30 reps –Women					
ROW 300 meters - Men 300 meters - Women					
BENCH PRESS 20 reps 120lbs - Men 20 reps 75lbs - Women					
RUN 200m on 10% - Men 200m on 10% -Women					
SHOULDER PRESS 20 reps 75lbs - Men 20 reps 45lbs - 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.