



OCTATHALON

TM

| Ultra-Octathlon Cup | Planned Data | Actual Time | Splits | Duo times | Quattro times |
|--|--------------|-------------|--------|-----------|---------------|
| BIKE 3km –Men 3km - Women | | | | | |
| LAT PULLS 60 reps 40kg - Men 60 reps 25kg - Women | | | | | |
| STEP UPS 100 reps with 10kg –Men 100 reps with 5kg -Women | | | | | |
| SIT UPS 80 reps - Men 80 reps -Women | | | | | |
| ROW 1000 meters - Men 1000 meters - Women | | | | | |
| BENCH PRESS 60 reps 35kg - Men 60 reps 20 kg - Women | | | | | |
| RUN 400m on 5% - then 400m on 10% - Men & Women | | | | | |
| SHOULDER PRESS 60 reps 20kg - Men 60 reps 10kg - 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.