

Practice for non-shooting days in August and September:

Dry firing works on specific strength as well as shooting mechanics. Focus shifts to Biathlon Shooting.

One min. break between 3 min. sessions. Use a timer!!

If you only shoot prone, skip the standing-only workouts below.

- Set your rifle up and place your target(s)
- Go for a little jog around the block or do some callisthenics to activate your body (5 min.)
- 2 x 3 min. prone; dryfire; focus on shot release; breath gently, very still aiming point, focus on keeping the sight picture perfectly still as the trigger releases. Follow through! Observe the front sight movement; correct when you see any. Keep very still, but correct for any change in natural alignment.
- 1 x 3 min. standing - holding; focus on correct position, balanced on the middle of your feet; relax into a still place. Rifle barrel just in front of left ankle. Natural alignment on horizontal. Bone-on-bone!
- 10 x First bullet (1-shot) prone drills. Focus on:
 - Looking at Charlie
 - Left elbow; reach out towards Charlie.
 - Place butt plate onto shoulder
 - Rotate right elbow down as last movement.
 - Natural alignment on Charlie
 - Traverse to Echo (or Alpha) and shoot first bullet.
- 1 x 3 min. prone - Traverse holding; do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relax into a still place. Start at Charlie; traverse to first target. Breathe and traverse only for a 5-shot sequence. Work on rhythm.
- 1 x 3 min. standing - Traverse holding; do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relax into a still place. Start at Charlie; traverse to first target. Breathe and traverse only for a 5-shot sequence. Work on rhythm.
- 1 x 3 min. prone - Traverse shooting; do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relax into a still place. Start at Charlie; traverse to first target. Breathe and traverse; take the shot for each of a 5-shot sequence. Work on rhythm and timing.
- 1 x 3 min. standing - Traverse shooting; do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relaxed into a still place. Start at Charlie; traverse to first target. Breathe and traverse; take the shot for each of a 5-shot sequence. Work on rhythm and timing
- 1 x 3 min. prone - Traverse shooting; do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relax into a still place. Start at Charlie; traverse to first target. Breathe and traverse; take the shot for each of a 5-shot sequence. Work on rhythm and timing.
- 1 x 3 min. standing and/or prone - Traverse shooting; do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relaxed into a still place. Start at Charlie; traverse to first target. Breathe, traverse and reload only. Focus on traversing exactly onto the next target while you reload for a 5-shot sequence.
- **Mental models:** If you have a Range plan, work the Cue Words with these drills..

Work on raising your attention span by focusing on the drill process.