

EARLY WINTER DRYLAND COMBOS

ZERO:

- Dry fire: 10 shots Standing + 10 shots Prone
- Zero Shoot: 5 shots live; correction; 5 shots, 2nd correction
- Run Z1; Z3; Sprint; Z1; Z3 - *at least 5 min.*
Confirm Shoot (As many times as necessary)

COMBOS: (depending on development stage)

Walkies on paper:

- 1-shot (C)
- 1-shot (E) [if shooting right to left; or A if left to right]
- 2-shot (E, C)
- 3-shot (E, D, C)
- 4-shot (E - B)
- 5-shot (All)

After you shoot 80%, (16/20 or better) you may shoot combos on metal.

Walkies: Set a cone about 2 m diagonally (45°) off the left corner of your mat. Set a 2nd cone about 2 m diagonally (45°) off the left corner the adjacent mat. Walk in on the left side of your cones to do the prescribed drill. Finish the drill before you Reset!

Sprinties-1: Use cones. Set a start point about 5-6 seconds worth of flat-out sprint from your rifle rack. Reset the target; jog to start point; sprint flat-out to the rack; do the prescribed drill. Exit before Reset!

Sprinties-2: Set the start point about twice as far back, so that you are sprinting 10 - 12 seconds. Do drill the same way.

Sprinties-XXXX: Sprint both ways doing Sprinties-2.

Standard Combos:

Accelerate out of the Range to reach Z3 at the Exit gate.

Run/Ski in Zone 3. Maintain speed *all the way back* to your rifle rack. Do not back off the speed. Exit lane before reset!

Example 5-Shot Combos at ENSC:

**Always run in the standard one way direction on the Range.
Use the mat corners as an orientation, position taking aid.
Do full Range drill appropriate to your competition class.
Use running poles.**

If you are working on biathlon shooting skills, combos should be less hard than racing.

If you are working on competition shooting, combos should, by the end of the practice, be harder than racing.

Walkies: Start at left cone. Finish *outside* the right cone. (Reverse for lefties).

Agilities: Use the ladders, hurdles, hoola hoops and flat cones as suggested in handouts.

Sprinties: Sprint in the usual direction of one-way travel.

Zone 3 Intervals:

Shorty-1: [Lanes 30 - 15] Out the middle gate, turn right and come back to Entrance.

Shorty-2: [Lanes 14 - 1] Out the Exit, turn right and come back through Middle Gate.

Stadium: Out the Exit, across the Stadium, down the short hill and into the Range.

Stadium Plus: Out the Exit, once around the 150m Penalty loop, across the Stadium, down the short hill and back into the Range.

Parking lot: (run only): Exit middle gate, parking lot, down the entrance road. Follow road back to Range entrance.

Biffy Loop: Exit, past the Penalty loop; head right towards the biffy; left down the hill and loop back around and into the Range.

Back Loop: Exit and turn sharp left; up the hill; first left and keep left until you get back to the Range.

Long Loop: Start with the Biffy Loop and come back up towards the Range; bear right up onto the Stadium, through Stadium, left onto the Back Loop. Follow the Back loop back to the Range to shoot.

Black, 1.25km: Standard race loop.

Orange, 1.5km Loop: Standard race loop.

Red, 2.0km Loop: Standard race loop.