

# SHORTIES:

Put the cones and racks out as appropriate.

Cones on left and right corners, set about 1m out on the diagonal.  
Rack parallel to firing line, several steps before your shooting lane.

- **Loop:** Exit Range; Backwards on Stadium, down the hill and back into the range.
- Run/Ski in the usual one-way direction on the Range.
  - Start at your mat; Drop your rifle and Sprint to the Range exit.
  - Drop back to Z3, just under your anaerobic threshold.
  - Up the slope to the Range gate, Sprint REALLY, FAST for 5 sec.
  - Drop back to Z3 as you pass the Sea-Can.
  - Decelerate abruptly at the rifle rack/mat.
- **SETUP:** Use your mental model and cue words
- Shoot 5-across: All 5 shots the same.
- Exit first – reset target second.
- [Immediately, scope your misses; learn!]
- **BE QUICK; MIN. PAUSE BETWEEN SHORTIES.**