

Modern Pentathlon Australia Developing, Building and Improving your Shooting & Laser Run

When beginning your journey with laser running, it is paramount that in the early stages you develop your shooting and your running separately.

Shooting Set up and skill acquisition

You need to ensure your shooting accuracy is high (greater than 75%) before you contemplate combining running and shooting together.

- To develop accuracy, athletes can begin shooting from 5m away from the target
- The target needs to be 1.4m high – the middle of the black zone/ target
- Once the accuracy is achieved at 5m you can then move out to 7m and then 10m.
- The non-shooting hand cannot touch the table to become a support (see shooting fundamental 1)
- The Pistol must touch the table in between each shot

It is also important to understand that shooting is a technical skill, it is imperative you practise the skill regularly, 'if you don't use it, you'll lose it'.

When learning to shoot, it vital you understand the shooting fundamentals. See the tutorials below.

5 shooting fundamentals

1. Shooting Position / Stance (<https://youtu.be/6Eh3U9UwJr0>)
2. Suitable Grip (<https://youtu.be/6Eh3U9UwJr0>)
3. Sighting (https://youtu.be/QS_gObCmJZg)
4. Breathing (<https://youtu.be/J3K8dfuMhDo>)
5. Trigger Release (<https://youtu.be/J3K8dfuMhDo>)

Integrating Shooting and Running

As mentioned above, initially, develop your running and shooting separately (<https://youtu.be/wzICzS-9hvs>)

- Once your shooting has reached a high enough standard (consistently above 75%), you can either;
 - move further from the target to develop accuracy at the 7m or 10m mark.
 - Or
 - Integrate some low intensity running in with the shooting
- Then add in the other variable



- Initially combine running and shooting at a low intensity
 - At the beginning, when first combining the running and the shooting, your intensity should remain low (e.g. heart rate 130-150bpm). Do not be in a hurry.
 - If shooting remains at a high standard, you can start to increase the intensity of the running. Though it is imperative that you keep the shooting accuracy.
 - Ensure as you begin to combine the running and shooting, you maintain the shooting fundamentals
 - Shooting Position/ stance
 - Suitable grip
 - Sighting
 - Breathing
 - Trigger release (use the end of the pointer finger, the most sensitive part of the finger) to pull the trigger
- Invest time in the transition from running to shooting
 - You may wish to reduce your speed to reduce your heart rate to control your breathing as you approach the shooting.
 - It is important to practice and experiment different tactics that suit you as an individual. (<https://youtu.be/h9MfrFmEI0w>)
 - Always remember the shooting fundamentals
- Persistent problems might be helped with adjustments pistols sight and laser beam

Practical tips to start a Laser Run training session:

- Start your warm up with some shooting
- Be sure everything is in place as it should be
- Find a place where you can run different distances between your shooting session
 - This is so you will be able to do laser run with short running distance one day and do a longer run on another day.
- When first combining the running and the shooting, your intensity should remain low (e.g. heart rate 130-150bpm). Do not be in a hurry.

As shooting accuracy remains high with the low intensity running, start increasing the intensity of the run

When increasing the intensity it is not all about 100% maximum efforts. It is about determining your level to maintain shooting accuracy, and ensuring your efforts are as consistent and as even as possible. Use your heart rate to assist with this

When increasing intensity it is vital to;



Warm up & warm down: Ensure running, movement and mobility are increasing in intensity for at least 8-10 minutes. This is vital to raise your body temperature, increase blood flow to the muscles and mentally prepare yourself for the session ahead.

Find a training partner: You will always work harder and be more accountable to the training session when there is someone working alongside of you. It is also more fun and enjoyable to work out with a friend.

