

# RUN-ARCHERY



## Training - Coaching

V1.1 – 09/25



# SUMMARY

INTRODUCTION.....	3
FIRST STEPS IN THE DISCIPLINE .....	5
The rationale and challenges of Run-Archery .....	5
Physical Requirements for the Archer .....	6
Introducing Run-Archery to non-archers before "open" competitions .....	7
REGULAR PRACTICE.....	11
Shooting in the kneeling position .....	12
Physical preparation.....	15
Exercises for the Transition from Running to Shooting.....	20
Annual Training Plan .....	22
COMPETITION STRATEGY .....	23
Race management .....	23
The importance of mastering short-distance archery.....	24
Saving time throughout the race .....	24
RUN-ARCHERY FOR YOUNG PEOPLE (U15) .....	27
Adapting the sport for younger people .....	27
Recommendations .....	27
Organising training for young people .....	30
ADAPTING RUN-ARCHERY TO DIFFERENT ENVIRONMENTS.....	35
In Schools.....	35
Introductory taster races.....	36
On the beach.....	37
People with visual impairments .....	38
APPENDICES: TRAINING PROPOSALS.....	39
Comments from coaches.....	39
ATH01 - Model 3+1 For athletes who are principally archers .....	41
ATH02 - Model 5+1 For athletes who are principally runners.....	43

TIR01 – Arrow Collection.....	46
TIR02 – Loading the bow .....	47
TIR03 - Video Work .....	48
TIR04 - Improving shooting speed .....	49
TIR05 – Relay and arrow collection .....	50
TIR06 – Maintaining concentration .....	51
TIR07 – Dealing with the unexpected.....	52
TIR08 - Shooting Time .....	53
TIR09 – Threshold work.....	54
EDU01 – Lesson plans for 7 to 10 sessions .....	55
AUTHORS .....	57

# INTRODUCTION

Run-Archery is a sports discipline combining running and archery, both of which are readily accessible to many people.

This guide mainly summarizes presentations given during a webinar organized by World Archery Europe in 2022, with the addition of advice and further information that the authors have found useful. It also draws on the field experience of each contributor, with contributions from participants in both national competitions and the European Cup.

## A guide aimed at competitive performance

The main part of this guide is devoted to a method of initial instruction, training exercises, and progression towards competitive performance.

We hope that both athletes and coaches will find useful and practical information for improvement and, above all, will enjoy pushing their limits and enhancing their performance.

Examples of suitable exercises for regular and long-term practice are provided in the appendix to this guide; these are offered as suggestions, and many more could be devised.



## Flexible practice options

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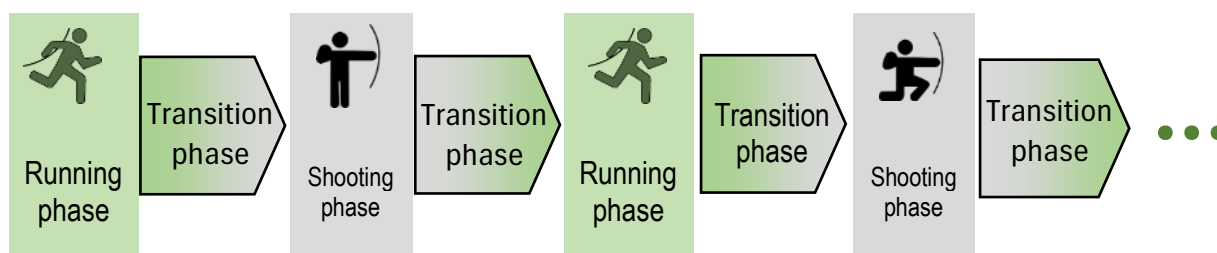
Run-Archery competitions adhere to defined rules and formats, as is the case in all sports disciplines. However, when preparing for competition, or simply for leisure practice, the basic elements of Run-Archery can be adapted in various ways to accommodate different participants or environments (age groups, physical condition, training location, etc.).

Such practice variation may one day lead to formal competition, so it is important. Examples and suggestions for variations are described in the last chapters, both as illustrations and to provide recommendations.

## FIRST STEPS IN THE DISCIPLINE

Run-Archery consists of a series of running phases and shooting phases:

- ⦿ - In the shooting phase, the archer shoots at targets with a diameter of 16cm at a distance of 18 metres. There are two shooting positions: firstly standing upright, and secondly kneeling on one knee. The archer, therefore, requires the ability to shoot in both positions.
- ⦿ The distance run during the running phase differs according to the event. In the individual 4K event there are four laps, each of 1000 metres, and in the sprint event, three laps of 400 metres. Any penalty loops incurred will add to the overall distance run, although there are passive recovery times during the race of 30-50 seconds depending on the time taken to shoot the arrows at each shooting phase. The archer carries the bow during the race.
- ⦿ The relay race uses the same format as the sprint, but each archer only runs one lap of 400 metres, shoots one shooting phase and then runs any penalty loops incurred.



### The rationale and challenges of Run-Archery

#### The shooting phase

There are only two possible results of the archer's shot: a "hit" or a "miss". The target size is the same for all athletes. A missed target incurs a penalty, which consists of running an extra loop (150m or 60m depending on the event). Consequently a "missed" shot costs the archer extra time, whereas the challenge of the event is to lose as little time as possible.

## The running phase

The goal is to complete the required distances in the shortest time possible. The greater the athlete's physical ability, the faster they can run. The intensity achieved during the running phase brings the competitor close to 100% of their maximum heart rate.

## Components

The final result of a Run-Archery performance is the time taken to complete the course. The goal is to achieve the shortest possible final time.

Therefore, the athlete will seek to run as quickly as possible, shoot as quickly as possible, and hit 100% of the targets.



While the three objectives are individually easy to grasp, **the competitor needs to approach their management with the combined performance in mind**, remembering that:

- ⦿ Running is impacted by the shooting (carrying the bow)
- ⦿ Shooting is impacted by the running (out of breath, high heart rate)

This combination of disciplines and their interaction are the defining characteristics of Run-Archery, which make it both challenging and rewarding.

## Physical Requirements for the Archer

Although the distances for the different races are moderate and not out of the ordinary, the intensity at which they are performed could have health consequences. It is important to consult your doctor before starting.

Before beginning any program, the athlete should increase their endurance capacity to be able to run for 45 minutes without stopping.

Interval-type exercises can then be added.

It is also important to prepare the body adequately for the discipline of running to prevent injuries and to be able to sustain a training regime. It is therefore recommended not to neglect warm-ups and strength and conditioning exercises.

Any number of courses and programmes are available to help prepare for running. Bearing in mind the distances of the Run-Archery races, choose a shorter distance such as 5km to work on.

To improve, you should reasonably consider running at least 3 times a week, varying the type of exercises (MAS session, tempo session, fundamental endurance, fartlek session, etc.). It is useful to do MAS (maximal aerobic speed) tests from time to time to adjust your running training and measure your progress. If you run too slowly, you do not progress enough; if you run too fast, you risk getting injured.

[\*see examples of workouts in: Physical Preparation ↗\*](#)

### Introducing Run-Archery to non-archers before "open" competitions

Run-Archery is a sport that, in some respects, follows the model of certain track and field events—particularly the idea that people who are not club members can still take part in large public races, such as mass road runs.

For that reason, it is important to assess new candidates based on their level of enthusiasm, so the introduction they receive can be tailored accordingly—both in terms of the time devoted to teaching them archery basics and the level of shooting accuracy that is expected or hoped for.



Runner interested in having a go

**Introductory** workshop



Participation in the **competition**  
with inclusion in the rankings



## For a fun introductory workshop

see: *Introductory taster races* ↩

## For immediate participation in the competition

The organisers of the event can offer non-archer athletes a preliminary introduction to the sport before the start of the races, and provide them with the necessary equipment (bow, arrows, and protective equipment).

### *Advice on delivering a quick tutorial to teach shooting at short distance*

During an introductory session before the race, it is important to teach the basic essentials. After explaining the archery equipment and showing how to place the arrow on the bow, it is important to describe the recommended postures for both the standing and kneeling shooting positions.



When standing, pay attention to the proper form (particularly the shoulder alignment) which tends to deteriorate noticeably under the fatigue brought on by running. The stance may also be affected by the shape of the athlete's running shoes, depending on the model and the heel-drop.



In the kneeling position (one knee on the ground), the archer needs to shoot effectively and quickly. This requires

- ⊙ Allowing sufficient clearance for the bow and its limbs during the shot.
- ⊙ Maintaining body stability and correct alignment throughout the draw and release.
- ⊙ Allowing for a safe and rapid return to the standing position to resume running.

To achieve this:

- ⊙ Place the front knee (on the same side as the bow arm) on the ground.
- ⊙ Keep the opposite leg bent, with the foot firmly anchored for support.

When teaching a novice to aim, we do not recommend using a sight, but using a "bare bow" type draw and anchor, emphasising the positioning of the string hand under the cheekbone or at the corner of the lips.



## Recommended equipment

A beginner's trainer bow is strong enough for shooting the short 18m distance, and it is handy if a club has ambidextrous shoot-through bows available for use. A bow-weight of 18 to 22 pounds is ideal, and each archer needs to be provided



with a set of at least 12 identical arrows. Different archers may require different lengths or spines of arrows, so it is useful to have several different sets available.

Shooting instruction should begin at paper targets at a short distance but after the first few arrows the targets will quickly be moved back in stages until the full 18 metres is reached. It will not be possible to produce an expert archer in this time, but special attention should be paid to posture, alignment and release of the string to maximize the chances of a successful shot.

During this initial training the novices must be instructed in the safety rules of archery, and the rules of the Run Archery competition should also be explained.

## REGULAR PRACTICE

Although the main principles of shooting are the same as for target archery, progress in the discipline of Run Archery requires some adaptation of the archer's shooting technique and some thought about what we are trying to achieve. We must never lose sight of the fact that in Run-Archery, the important thing is to hit a 16cm target at a distance of 18m. This is zone shooting and not precision shooting - there is no requirement to shoot as precisely as in line shooting. Understanding this concept is fundamental as it will influence the archer's technical and tactical choices.

### Choosing a shooting technique and equipment

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Whether the archer elects to shoot recurve bow or barebow, the most important thing is to develop a precise, reliable and repeatable anchor on the face. Some equipment options need to be considered. We recommend using a sight and a clicker, as these accessories will aid the archer's accuracy when affected by fatigue and hyperventilation. Wearing a shooting glove rather than using a finger tab may save time but can lead to a less consistent anchor at the face and a poorer string release.

### Refining the shot process

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By breaking down the shot process into its individual phases, the archer can reduce the time they spend on each phase.

#### *Set-up and pre-draw*

This phase can easily be shortened, as experienced target archers often take their time over this, whereas it does not need to be so prolonged for zone shooting.

#### *Alignment and aiming*

An effective shot requires careful aiming to launch the arrow on the correct trajectory. An archer affected by muscular and cardiac fatigue must pay particular attention to being able to place and hold the sight on the target zone. This requires the development of a secure alignment and anchor position which is both simple to achieve and easily reproducible under the restraints of time and fatigue.

### **Release and follow-through**

In trying to reduce the time spent at the shooting range, the Run-Archer tends to rush or cut short the follow-through after the shot in order to move quickly on to the next arrow or resume running. However it is preferable to take an extra 1 or 2 seconds during this phase of the shot to complete the shot properly.

In general, it is important to aim to produce a consistently high quality of shot with a view to achieving a 100% success rate. It is useful during training to practise accelerating all the phases of the shot process and to measure the shortest time required to hit every target. If the run-archer then shoots faster in a competition than they normally do in practice when achieving their 100% success rate, their competition shooting is likely to be less accurate and they will lose time due to penalties.

### **Optimising the draw for a good balance between accuracy and speed**

When an archer is transitioning from traditional archery to "Run-Archery" shooting, we recommend three areas where the archer can save time during the shot process without losing quality of execution:

- ⦿ Eliminate unnecessary movements and pauses that waste time during nocking and set-up
- ⦿ Aim to produce a direct and stable arrow flight.
- ⦿ Ensure a clean release and complete the follow-through.

### **Shooting in the kneeling position**

In Run-Archery, there are two shooting positions: standing upright and kneeling on one knee. In both positions, the athlete needs to adopt a stable stance as quickly as possible to be able to execute the shot most effectively.

The rules of the sport specify the dimensions of the athlete's shooting area, and all parts of the athlete's body must remain within the delineated area while shooting. By experiment, the athlete will find a legal shooting position that is the

most comfortable and stable for them. Once the athlete has defined their favoured position, constant reproduction of the same stance and good balance are the key to achieving best results while kneeling.

As Run-Archery is currently practised, there are two common variations of the kneeling position:



- ⦿ One knee on the ground, the other leg bent (bib number 69),
- ⦿ One knee on the ground, the other leg extended (bib number 82)



Because Run-Archery is a relatively new sport, there are no studies or shooting statistics available as yet to indicate that one position is more advantageous than the other. However, the following points should be taken into account:

- ⦿ It is generally preferable to kneel on the forward knee (on the side of the bow arm), as this improves the alignment of the shoulder line towards the target.
- ⦿ In the position with the rear leg extended, care should be taken to avoid any misalignment of the shoulders caused by the tilt of the pelvis towards the front knee. This more extended position also requires good hip flexibility.
- ⦿ It is advisable to position the foot of the kneeling leg with the ankle at 90 degrees, and with the toes bent upwards, braced against the ground (bib number 82), instead of pointing the toes backwards in a flat position. A braced position helps to push the archer upwards when returning to the standing position to continue the race.

- ➡
- ⦿ If the athlete chooses to kneel on the rear leg (the side of the drawing hand), care must be taken not to allow the string or limb of the bow to touch the front leg. To avoid this, it is necessary to rotate the pelvis slightly, but this may lead to excessive arching of the lower back.



The athlete should work through the following steps to find a good shooting position:

1. Establish the ideal body position: adopt a shooting stance with one knee on the ground but without a bow (as is done in conventional standing shooting practice). Find a comfortable and stable position.
2. Establish a shooting position: adopt a shooting stance with one knee on the ground but this time with a bow, but no arrows. Draw the bow and experiment with shoulder alignment and weight distribution over both legs to find the most stable stance.

### Loading and nocking

The loading and nocking of the arrow on the bow is another area where time savings may be made. Normal techniques and equipment may be modified, such as slightly bending the clicker to aid the insertion of the arrow. It is recommended to pass the arrow under the clicker first and then nock the arrow in one continuous movement. The movement should be repeated many times during training; this simple action may seem trivial, but it allows the archer to easily save a few seconds. Traditional archers take about fifteen seconds to load the bow whereas experienced Run-Archers can reduce this to 2-3 seconds.

## Physical preparation

Run Archery combines physical and mental disciplines including

- ⦿ Cardiovascular exercise combined with the skill and precision of archery, providing a complete workout.
- ⦿ Mental concentration through the rapid transition from high-intensity running to the calm and focused state necessary for accurate shooting.

If the athlete is to practice this sport regularly, it is strongly recommended that they develop the appropriate physical fitness through a training regime.

Below you will find a basic program aimed at developing these essential qualities and skills.

### 1. Cardiovascular Endurance

#### *Objectives:*

- ⦿ To increase aerobic capacity.
- ⦿ To improve cardiovascular efficiency.

#### *Example exercises:*

##### ⦿ **Fundamental endurance :**

Slow and continuous running sessions for 45 to 60 minutes, at least once a week.

The athlete should be able to breath comfortably (able to talk during the session), which means their heart rate should be between 60 and 70% of their Maximum Heart Rate (MHR). The goal is to achieve a stable physiological state and strengthen the heart; the larger the heart becomes, the lower the heart rate will be during exercise.



### ☉ Interval training:

After a low-intensity warm-up, run sets of 200m (2 to 3 sets of 5 repetitions) or 400m (2 to 3 sets of 3 repetitions), with recovery equal to or shorter than the work time, performed at about 95% of your maximal anaerobic speed (MAS). Repeating these exercises every 4 to 5 days significantly affects aerobic function and helps improve maximal aerobic speed (MAS).



### ☉ Threshold session (or tempo run):

Training at the threshold, often referred to as a "tempo run," involves running at a pace close to that which you could sustain during a race. It is an essential exercise for learning how to maintain a strong, steady rhythm over a long period without burning out. The lactate threshold—which this exercise aims to improve—is the intensity at which lactic acid begins to build up in the muscles. Threshold pace is generally estimated at 80 to 90% of maximal aerobic speed (MAS).

After a gentle warm-up at a slow pace, run sets of 10 to 15 minutes at threshold pace (between 2 and 4 sets) with easy running recovery periods lasting about half the time of the threshold effort.

## 2. Speed and agility

### Objectives:

- 🕒 To improve the speed of changes of pace.
- 🕒 To increase the ability to accelerate quickly.



### Exercises

- 🕒 Sprints: Repeated over short distances (50 m to 100 m) with complete recovery between sprints, 1 to 2 times a week.
- 🕒 Agility exercises: Drills with cones, ladders, and courses that require quick changes of direction.

- ⊙ Plyometrics: Jumps and explosive exercises including: skipping, high knees, explosive lunges with jumping, squat jumps, burpees, mountain climber, frog jumps.

### 3. Muscle strength

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#### **Objectives:**

- ⊙ To increase the strength of muscles specific to running and archery.
- ⊙ To prevent injuries.

#### **Exercises:**

- ⊙ Core strengthening: Planks, sit-ups, and twists to stabilize the torso.
- ⊙ General strength training: squats, lunges, deadlifts and press-ups, 2 to 3 times a week.
- ⊙ Archery-specific exercises: Warm-up (shoulder circles, chest stretch, lateral stretch)
  - Strength exercises (lateral raises, front raises, dumbbell row, low pulley row, shoulder press, resistance band exercises).
  - Stability exercises (side plank, etc.)
  - Mobility exercises.

### 4. Accuracy and shooting technique

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#### **Objectives:**

- ⊙ To improve shooting accuracy under physical effort.
- ⊙ To refine the shooting technique.

#### **Exercises:**

- ⊙ Competition simulations: Practise shooting immediately after an intense run to simulate competition conditions.
- ⊙ Static shooting: Regular shooting sessions focused on technique and accuracy.
- ⊙ Mental training: Breathing techniques and concentration exercises to stay calm while shooting.

## 5. Recovery and injury prevention

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### *Objectives:*

- ⦿ To promote muscle recovery.
- ⦿ To prevent common injuries.

### *Exercises and routines:*

- ⦿ Dynamic and static stretching:  
Stretching routines after each workout.
- ⦿ Massage and foam roller:  
Use a foam roller to massage tired muscles.

## 6. General recommendations

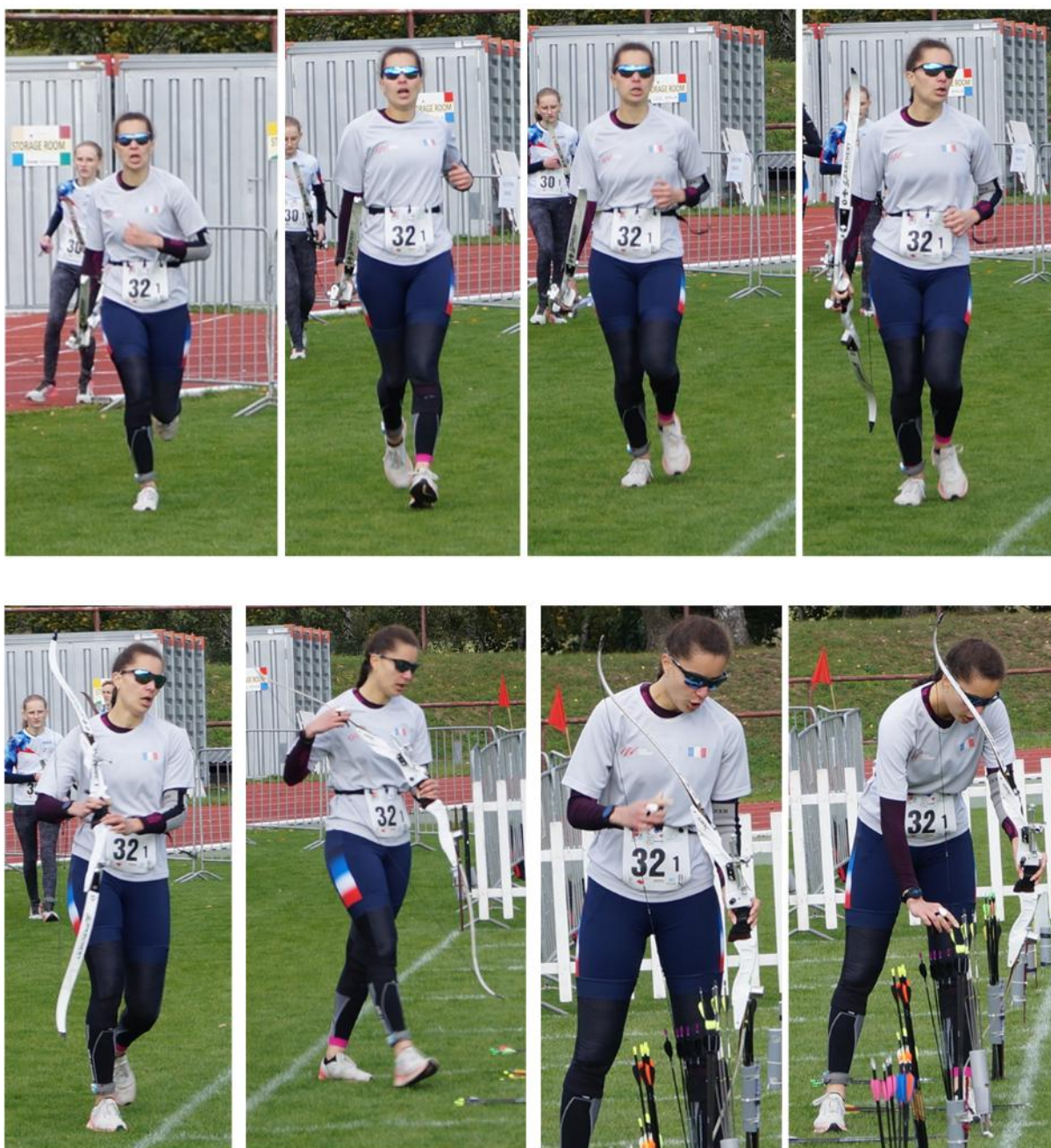
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Good hydration and proper nutrition (a balanced diet) contribute to maintaining overall physical fitness.

## Exercises for the Transition from Running to Shooting

### Managing the arrival at the shooting line

The approach to the shooting line is a short stage of the race which benefits from careful management to know when to ease back, cut the effort and slow the pace to enable some recovery before shooting. In the sequence below, the athlete clearly slows down and then takes a few steps walking before setting up at the shooting line.

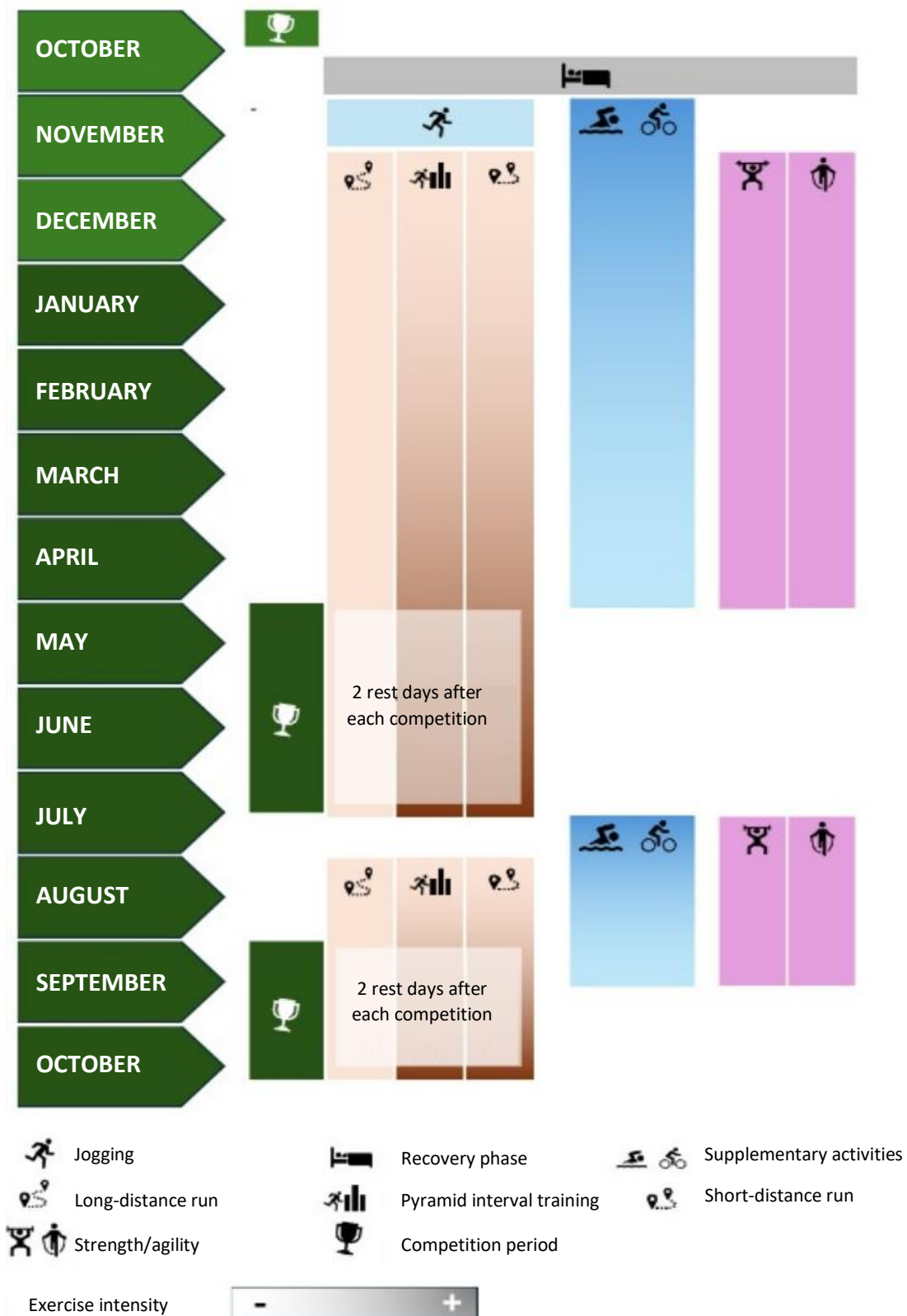




Recovery is assisted by changing the breathing rhythm while setting the bow and loading the arrow. The breathing rhythm also needs to be controlled immediately before executing the shot.

## Annual Training Plan

### Planning the competition schedule



## COMPETITION STRATEGY

Although the measure of the performance is the final overall time, it is worth remembering that the faster one shoots, the more there is a risk of inconsistent shooting results (depending on the archer's ability). Therefore, although it is important to shoot quickly the primary aim should be to hit the target with a 100% success rate. Consider: a missed target in the individual 4K event incurs a penalty of 150 meters. At a running speed of 18km/h, this penalty will add 30 seconds to the final time, at 13.5km/h an extra 40 seconds. The importance of hitting the target is therefore obvious and taking 2 or 3 extra seconds to shoot and ensure a successful result is clearly more advantageous to the final performance. Similarly, the faster the athlete runs at a high intensity, the more difficult it becomes to shoot immediately afterwards because the athlete is in a state of hyperventilation and reduced mental clarity.

### Race management

#### Individual 4k

As this race is the hardest in terms of physical effort, it is generally more effective to run each of the 1km laps faster than the one before. The idea is to maintain mental clarity for the shooting phases; every mistake is crucial as the athlete incurs a penalty loop for every arrow that misses. Therefore we aim to control heart rate and reserve some strength to push in the last lap.

#### Sprint

Unlike the individual 4km, the sprint race format allows the athlete 6 arrows to hit 4 targets, which permits a certain amount of risk-taking in the shooting phases (especially regarding shooting speed). Therefore, an ideal strategy would be to run at a high speed for the first 200m, continue at a rapid pace, and then slow down to stabilise the heart rate prior to the first shoot. Depending on their shooting success and race position at the end of the first lap, the athlete can then manage their pace to prepare appropriately for the second shoot. In the final lap, no more calculations are required - just finish as quickly as possible.

## The importance of mastering short-distance archery

### Recommended performance level (18m distance, during the indoor season)

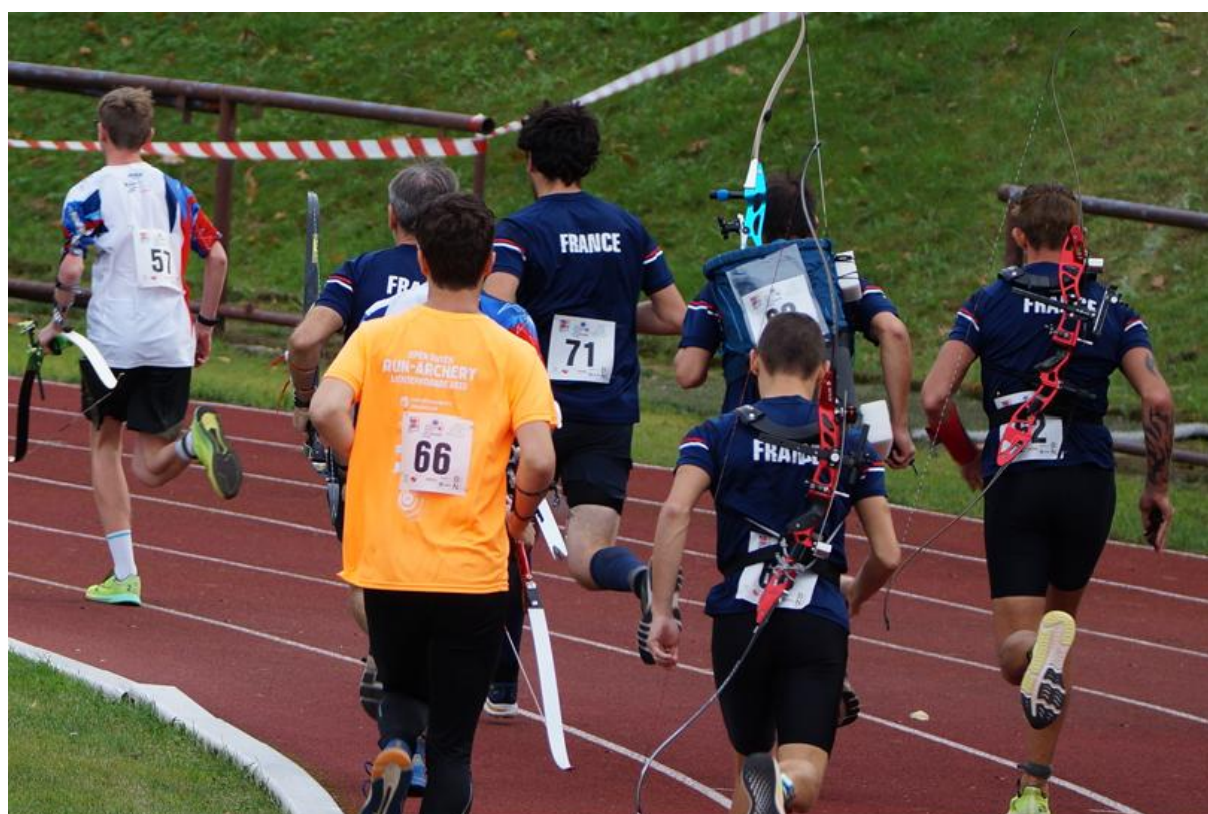
To improve in the performance of Run-Archery, it is essential for the athlete to work on the standard of their shooting during the winter period. As the usual indoor competition distance is the same as that in Run-Archery, this is an ideal time to focus on technical aspects to improve shooting consistency:

- ⊙ Muscle strengthening
- ⊙ Posture and positioning
- ⊙ Aim to achieve 540 points in indoor competitions

## Saving time throughout the race

### Choosing how to carry the bow

Deciding which way to carry the bow can be a difficult subject; however, the Run-Archer should decide on the method which is most comfortable for themselves.



An athlete may adopt a different carrying method depending on the type of race.

In the the individual 4k race, it may seem sensible to carry the bow with a back-harness because of the length of the race. A harness gives more freedom of movement and rests the bow arm while running.

In the sprints and relays, the advantage of carrying the bow with a back- harness is less clear-cut, particularly as time may be lost when getting in and out of the harness at the shooting range.

### Managing the arrows

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While it may not save a lot of time, properly preparing your arrows at the entrance to the shooting range (when the target is not assigned to the athlete or team) or on the range itself is important. The rules stipulate time-penalties if the athlete shoots an incorrect number of arrows per shooting sequence. Therefore, the athlete should take steps to avoid any confusion or mistakes at this point in the race.



The simplest way is to place your arrows in ground quivers, arrow-tubes, or other holders, grouped in bunches (6 arrows in Sprint, 4 arrows in 4K) so that you only pick up and use the correct number.

### Exercises :

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Some simple exercises can be devised to work on these technical points. Examples are given in the appendices.

### Relay management

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During the relay races, each athlete only runs one lap and shoots only one lot of arrows. However, this event also benefits from good preparation, especially in terms of deciding the running-order of the team members. They must be able to keep a clear head and this requires great mental strength, as in this race format the shooting often takes place in direct confrontation with other archers. Given

the short running time, the shooting assumes an even greater significance; indeed, successful shooting will make the difference in the outcome of the race. It is therefore important to choose the athletes' running-order based on the shooting position in which they feel most comfortable. Even if a good shooter is in a poor position in the last lap, they can gain several places by hitting the targets with all their shots.



## RUN-ARCHERY FOR YOUNG PEOPLE (U15)

### Adapting the sport for younger people

Children have a tendency to get carried away by their enthusiasm and

- ⊙ run without thinking about controlling their pace
- ⊙ have to make a significant effort to concentrate at the moment of shooting
- ⊙ can quickly forget safety rules

It is therefore necessary to protect them from risks by

- ⊙ Modifying running distances
- ⊙ Simplifying rules to avoid the need for too much thought
- ⊙ Taking into account the child's physical development

### Recommendations

Long distances (4K) are to be avoided. Races should ideally be designed in the 'sprint' format, either as individual sprints or team relays.

It is also advisable to reduce the maximum race distance (due to the intensity of the exercise) because missed targets could potentially generate a total race distance of up to 1680m (3 x 400m laps + 8 x 60m penalty loops).

The following recommendations are based on the experiences of those federations that are introducing the discipline to younger participants, including Estonia and France.

#### Recommendations for the running

A 250-metre lap for the racing circuit, and a 35-metre distance for the penalty loop. The potential maximum racing distance would be just over 1000 metres.

- ⊙ Carrying the bow: in the hand only
- ⊙ Carrying the arrows: place at the shooting line according to the allocation of the targets

Carrying the bow with a back-harness or the arrows in a bow-quiver both involve equipment-handling that is too complex for young participants. In addition,

depending on the child's physique, the relative sizes of the bow and the child can lead to the movement or positioning of the equipment that may risk the safety of both the child and other participants.

### Recommendations for the shooting

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#### 🎯 Shooting distance

As with all archery disciplines, the distance to the target should be adapted to the age of the child, both for physical reasons and also to maintain motivation (allow a good possibility of success).

**In a competition for children U15**, a shooting distance of 12 metres is a reasonable compromise.

#### 🎯 Target sizes

As well as the shooting distance, the size of the target should be adapted to the circumstances. For younger children (elementary schools, extracurricular activities) or for 'have-a-go' sessions, a single target face may be appropriate. In these situations, the conventional English coloured-zone target can be used, and the zone to be counted as a 'hit' can be reduced as the session progresses (first, hit within the white, then within the black, then the blue...).

Remember that the height of the target should also be adapted to the average height of the children.

**In a competition situation for the U15s**, and especially if the competition takes place at the same location and on the same date as a "senior" competition, it is simpler to use the targets that are already set up (especially if they are knock-down targets) but with the shooting line moved nearer to the targets. The size of the target area in this case would therefore be 16 centimetres.

#### 🎯 Bow weight

Given that the shooting distance is very short, bows with a very low draw-weight are sufficient. As in all archery disciplines, the draw-weight must be suited to the child's physique. The recommendations are the same as those that apply to all other disciplines.

### ⊙ Number of arrows

To avoid any confusion that could lead to penalties, the number of arrows to be shot should ideally be the same as the number of targets to hit. In the case of a single target (see target sizes, above), the number of arrows is to be determined by the coach.

**In a competition for U15s**, if the competition has 4 targets to hit, then the number of arrows will also be 4.

### ⊙ Shooting position – standing or kneeling

Consideration should be given to the relative sizes of the child and the bow, and also the potential difficulties in concentration and forgetting which position is to be shot.

Therefore, the simplest solution is to specify only shooting from a standing position, even in competitions.

## The FFTA's model : 'RUN-ARCHERY KIDS'

Following the recommendations as above, the French Federation of Archery (FFTA) has created an official competition format for children under 15.



### **Run archery Kids** le combiné Course à pied / Tir à l'arc des moins de 15 ans

Participants complete a race consisting of 3 laps of 250 metres with the bow carried in the hand;

Between each lap, they perform a standing shoot at 12 metres, 4 arrows at 4 16cm targets;

Each athlete shoots at their own target, and their arrows are placed ready at their shooting station;

For each target missed, a penalty loop of 35 metres is added to the race.

The final ranking of the athletes is based on the total race time, from fastest to slowest.

## Organising training for young people

### Recommendations for initial training

- ⊙ Start new archers with a light bow, with a draw weight of less than 18 lbs
- ⊙ Use light arrows
- ⊙ Shoot at a short distance (5-10m) in the early stages
- ⊙ Do sprint runs: 4 to 5 sequences of less than 10 seconds.
- ⊙ Shoot in normal conditions to start with (at normal heart rate)
- ⊙ Arm strengthening exercises and/or running with a bow or wrist weights.

It is also important to regularly practice shoulder and back muscle strengthening exercises and abdominal exercises.

### Essentials and recommendations for teaching beginners

- ⊙ For beginners, use conventional fixed targets
- ⊙ Gradually, integrate practice on knock-down targets
- ⊙ In all cases, the shooting area must be safe and secure
- ⊙ Ideally, the shooting range should be in close proximity to a running track
- ⊙ Tubes or ground quivers should be placed at the shooting line

### The progressive stages of archery training

This approach to Run Archery training is designed to progress from the simplest level to the most complete, and can be structured in 4 stages:

- ⊙ Step 1 Work on shooting technique at a normal speed of execution - Normal heart rate (no running included)
- ⊙ Step 2 Work on shooting technique at a quicker speed of execution Normal heart rate (no running included)
- ⊙ Step 3 Work on shooting technique at normal execution speed High heart rate (short running intervals)
- ⊙ Step 4 Work on shooting technique at a quicker speed of execution High heart rate (running intervals)

## Preparation for competition

Introduce sequences of exercises in training sessions to simulate or actually reproduce competition formats:

- ⊙ Incorporate the 2 shooting phases to prepare for the Sprint
- ⊙ Begin preparation for the 4km run for athletes over the age of 15.

It is helpful from this point to objectively quantify the athlete's technical progress by evaluating aspects of their performance:

Exercise	Objective / Evaluation
Shooting at Competition Distance Normal Execution Speed No Running For 5 sessions	% of targets hit
Shooting at Competition Distance Fast execution speed No Running For 5 sessions	% of targets hit in less than 1 minute
Shooting at Competition Distance Running intervals For 5 sessions	Heart rate greater than 140 bpm
Shooting at Competition Distance Running intervals For 5 sessions Heart rate greater than 140 bpm	Objective: 4 targets hit in less than 1 minute

## Fun exercises for training

For all the games offered here, the shooting distances and sizes of targets should be adjusted to suit the archer's progress, with the aim of eventually reaching the competition distance and target size.

**Exercise 1**

Shooting distance: 12 metres  
Target: 80 cm, 10 zones  
Number of arrows: 4

The archer shoots their arrows and counts the number of points scored (the usual value for each zone from 1 to 10).

This score is deducted from the time it took the archer to shoot these 4 arrows. The goal is a net score below 0.

Example:

If the archer takes 72 seconds to shoot 4 arrows which score 32 (6, 10, 9, 7), their net score is 40 points.

**Exercise 2**

Shooting distance: 12 metres  
Target: 40 cm  
Number of arrows: 4  
Run: 200 metres

The athlete runs before shooting their arrows.

The run is timed.

From this running time, 10 seconds are deducted for each arrow that hit the target.

Example :

If the archer runs the 200 meters in 56 seconds and 3 arrows hit the target (regardless of the scoring zone), they score 26 points net.

### Exercise 3

Shooting distance:	12 metres
Target:	40 cm
Number of arrows:	6
Run:	200 metres, 4 times
Shooting phase:	3

The archer runs one lap before taking their first shots.

As soon as 1 arrow hits the target, they can leave the shooting range and run the next lap.

The goal is to complete the entire sequence (with fewer than 3 arrows off-target).

The total time taken is a useful measure of the athlete's progress, especially when they can regularly finish the complete sequence

This exercise can be carried out with multiple archers. The aim is to be the fastest to complete the entire sequence.

For athletes over 15, gradually increase the difficulty up to a shooting distance of 18 metres at a 16cm target.



## In Schools

- The benefits of archery:
  - Focus and concentration
  - Self-control
  - Technical movement and coordination
- The benefits of running
- Additional educational value:
  - Taking responsibility (such as participating in judging)
  - Teamwork (for example, in relay situations)

Run: 90 metres  
 Penalty loop: about 10m (3m between the cones)  
 Shooting distance: 8m – 9m

Start

Finish

Relay changeover zone  
 About 10m



## Introductory taster races

Taster races offer an introduction to the discipline in the context of other activities and sports festivals and are ideal for promotion of the sport. The aim is to provide a realistic simulation of a race, but shooting at large targets at short distances, running shorter distances, and without timing or ranking.

### Introducing the archery

We recommend 'instinctive' shooting without sights at this stage. All the shooting should be done standing upright to learn the basics as quickly as possible, so that the participant can quickly get on to the running track.

### Suggested variations

Taster races can take place in various situations, such as at a multisport promotional event, or even at a competition event, where the official race track can be used with either drop-down targets or paper targets. It is easier to vary the size of the target zone when using paper targets.

AGE	Measurements of the ...	Paper target faces		16 cm Drop-down targets
		Dimension	Distance	
8 to 11	Shooting distance	80 cm	10 m	5 m
	Running Lap		250 m	
	Penalty loop		30 m	
12 to 15	Shooting distance	60 m	10 m	8 m
	Running Lap		250 m	
	Penalty loop		30 m	
16 and over	Shooting distance	40 cm	10 m	10 m
	Running Lap		400 m	
	Penalty loop		60 m	

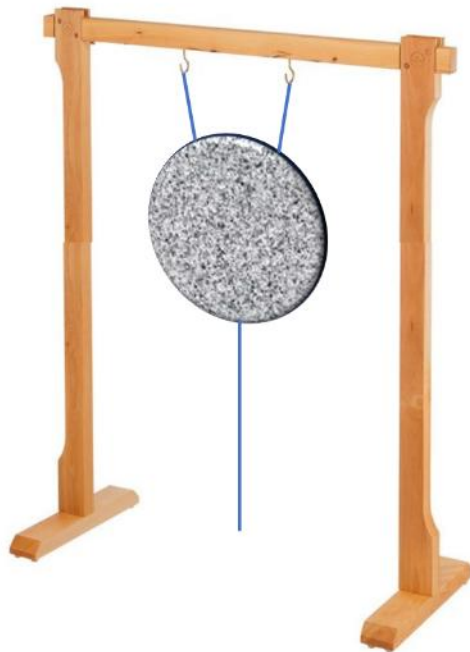
## On the beach

Adapting Run-Archery for the beach must take account of the local conditions and the needs of the public. It is essential to ensure that the arena is secure and safe while being as simple as possible.

### Set-up of the shooting range.

The backstop net needs to be easy to install in the unstable ground. A frame or an arch can be designed to support the net.

Shooting can be done with blunt-tipped arrows. The target could be a single disc attached to a frame. Hitting the disc would make a 'gong' sound, helpful both for judging a hit or miss and for the audience to see and hear the success or otherwise of the shots.



### The race circuit

Running on sand is difficult, and there is a greater risk of falling than during conventional Run-Archery. Running on the beach gives the opportunity to route part of the lap in the water.

For these reasons, we recommend:

- ⊙ Leaving the bow and arrows at the allocated target stations at the shooting area
- ⊙ Allowing barefoot running and shooting
- ⊙ Reducing the running distances (maximum 300 meters) and penalty distances (maximum 45 meters).

## People with visual impairments

### Preliminary note

There are many and varied types of physical disabilities; here we are only addressing visual impairment, for which the practice of Run-Archery has been tested and can readily be adapted to different circumstances.

For other kinds of disabilities, while inclusion is an important goal, it is essential to keep in mind:

- ⦿ Respect for the fundamentals of the discipline (the athlete both *runs* and *shoots*)
- ⦿ Protecting the athlete's health is the top priority. Training should not place excessive strain on muscles and joints that could cause long-term mobility or independence issues.
- ⦿ As in all official competitions, when permitted by national federations, athletes are welcome to participate provided that space allows for adapted targets to be added and that the flow of the competition is not disrupted.

### The participation of visually impaired athletes

Run-Archery allows visually impaired athletes to shoot using a tactile sighting system and to run with the assistance of a guide. The shooting range can be adapted by setting a target with a single spot at a short distance (8 or 10 metres), and installing the bracket with the tactile sight at the shooting line. The race is run with the guide's assistance. On arriving at the shooting area, the guide helps the athlete to get into position, but the athlete shoots independently.

In case of a protest of 'hit/miss', it is the assistant who acts on the athlete's behalf.

## APPENDICES: TRAINING PROPOSALS

### Comments from coaches



**Chiara BARBI**

- ⦿ Physical preparation for archery requires a varied and well-structured training program that combines endurance, speed, strength and precision.
- ⦿ You can personalise and improve your training by consulting a physical trainer and a specialist archery coach.
- ⦿ By following a balanced training program tailored to your needs, you can improve your performance and results.



**David ŠNAJDR**

- ⦿ Working to improve endurance does not automatically mean practising long-distance running.
- ⦿ It is more effective to repeat shorter/longer sprints with different recovery times between them (30 seconds – 2-3 minutes) while combining them with training exercises.
- ⦿ In Run-Archery, developing the ability to recover quickly is essential for accurate shooting after a run.
- ⦿ Complementary exercises help reduce the strain on muscles and joints from running, while engaging the body's internal systems for overall conditioning.
- ⦿ To improve overall endurance, there is no need to pay for gym sessions. Training outdoors is easy and accessible to everyone.

**Janus GROSS**

- ⦿ Where the local facilities do not permit running the actual race distances, or in the winter when training can only take place indoors, race simulation training can be replaced by cardio training exercises.
- ⦿ It is advisable to do five sessions of the first two stages (see The Progressive Stages of Archery Training, above) to acquire a better technical mastery of the "shooting" component of the discipline.

**Guillaume ESCOTTE**

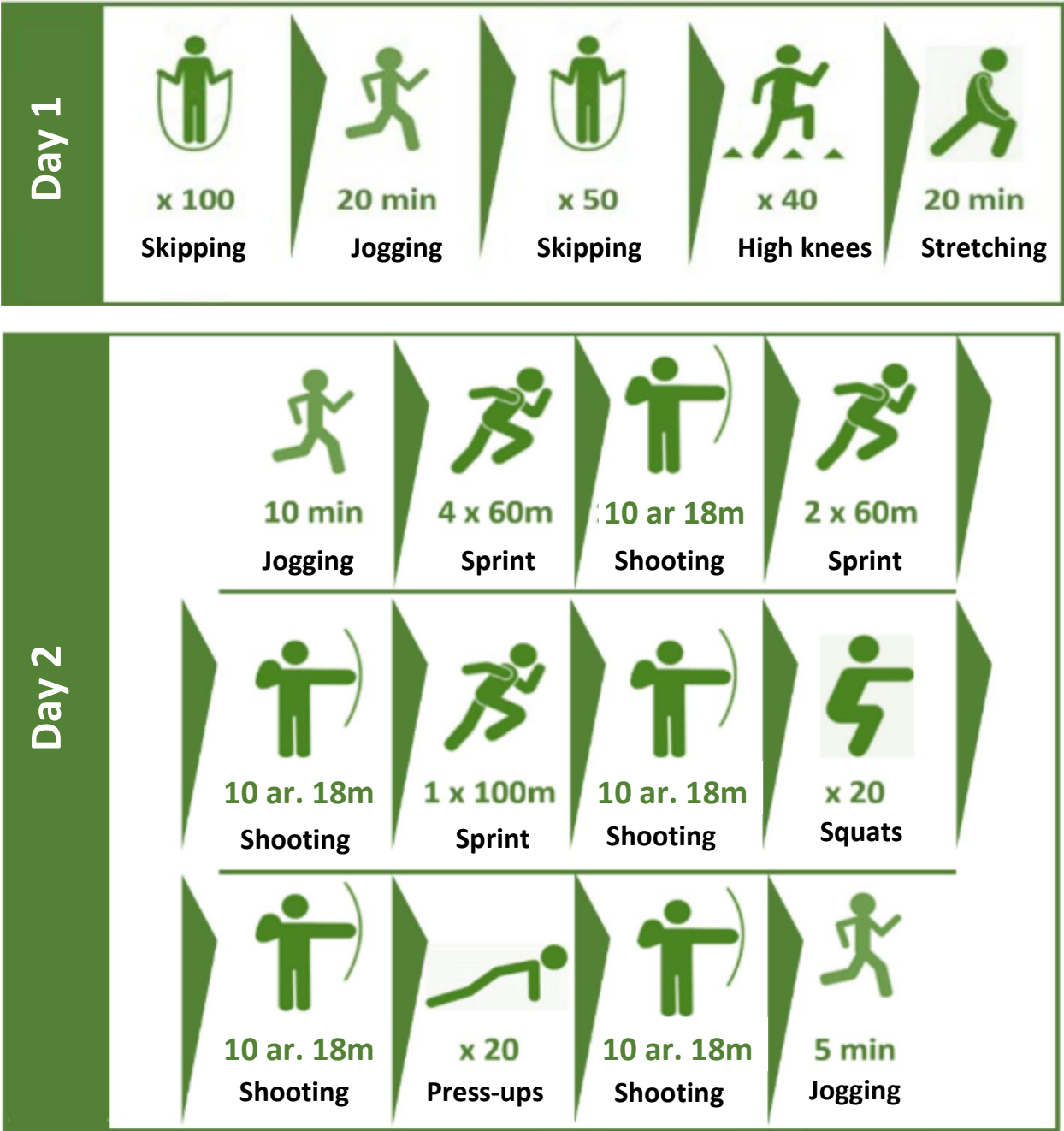
- ⦿ The particular skill of the discipline is to shoot accurately and efficiently while in a state of oxygen deficit. It is therefore imperative to practise shooting when breathless and with an elevated heart rate.
- ⦿ It is useful to work with a heart rate monitor to measure one's pulse while shooting several series of arrows, to learn the limit at which one can shoot and still achieve the maximum success rate.
- ⦿ Indoors, workouts like "knee lifts" or "Jumping Jacks" will help increase the heart rate. Outdoors, high-intensity sprints are ideal as they are similar to a race situation.









ATH01 - Model 3+1 For athletes who are principally archers

Submitted by David SNAJDR

Objective: to be able to maintain precise aiming and shooting in a state of stress, breathlessness, and high heart rate. The archer will also need to work on overall endurance, running technique, and endurance capacity.

The "3+1" training model is structured around 3 days of activity and 1 day of rest.



Day 3	   <p>45 min to 60 min</p> <p>Complementary endurance activity</p>
Day 4	Free
Day 5	 x 120 Skipping  25 min Jogging  x 60 Skipping  x 50 High knees  20 min Stretching
Day 6	= Day 2
Day 7	= Day 3
Day 8	Free

**Days 2 and 6:** with each new 4-day cycle (after 8 days) add 1x 60 m of sprint.

### Tests and measurements: after 4 weeks

- ⊙ 10 min jog (warm-up)
- ⊙ 3 x 100m sprint,
- ⊙ 10 min stretching,
- ⊙ 4 x 300m run (90%)
- ⊙ 10 arrows (1 m) after each 300m sprint

Record the time for each 300m and note the score shot.  
Compare each month.

ATH02 - Model 5+1 For athletes who are principally runners


Submitted by David SNAJDR

As well as maintaining their usual fitness and working on their competition pace, the runner needs to learn the basics of archery.


The "5+1" training model is structured around 5 days of sports activities + 1 day of rest.

Practise the programme below for 4 weeks, then start testing progress. The shooting distance should be gradually increased as accuracy improves.


Day 1



2 km  
Jogging




3x 100m  
Sprint 80%




10x 100m  
Sprint 85%

4 min  
Rest




1x 300m  
Sprint 95%




1 km  
Jogging

Day 2




60 min  
Shooting short distance




3-4 km  
Jogaina  
Preferably on location


Day 3




80 min  
Shooting short distance



















Day 4







45 min to 60 min  
Complementary endurance activity

Day 5	 20 min Jogging	 4 x 60m Sprint 90%	 110 ar. 10m Shooting	 3 x 60m Sprint <i>Effort max</i>	 110 ar. 10m Shooting
	 2 x 60m Sprint <i>Effort max</i>	 110 ar. 10m Shooting	 1 x 120m Sprint 95%	 110 ar. 10m Shooting	 x 20 Squats
	 x 20 Press-ups	 110 ar. 10m Shooting	 5 min Jogging		
Day 6	Free				
Day 7	 x 200 Skipping	 30 min Jogging	 x 100 Skipping	 2 x 50 High knees	 20 min Stretching
Day 8	= Day 2				
Day 9	= Day 3				

Day 10	= Day 4
Day 11	= Day 5
Day 12	Free

### Tests and measurements: after 4 weeks

- ⦿ 15 min jogging (warm-up),
- ⦿ 3 x 100m sprint
- ⦿ 10 min stretch
- ⦿ 4 x 300m run (90%)
- ⦿ 10 arrows (18m) after each 300m sprint.

Record the time for each 300m and note the score shot  
Compare each month.

## TIR01 – Arrow Collection

*Submitted by Guillaume ESCOTTE*

### Objective:

To practise efficient arrow collection and set-up at the shooting line.

### Set-up:

- ⊙ An empty quiver/arrow tube placed at the shooting line (N°1)
- ⊙ A quiver/arrow tube about twenty meters away (N°2) containing the athlete's arrows in bunches of 4 or 6.

### Procedure:

- ⊙ The athlete starts at the shooting line and runs to tube N°2.
- ⊙ They pick up a bunch of 4 or 6 arrows and place them as quickly as possible into tube N°1 on the shooting line.
- ⊙ They shoot their arrows in the standing position and then go to pick up their next bunch of arrows from tube N°2.
- ⊙ The athlete repeats the exercise shooting from the kneeling position on the second shot.
- ⊙ If they are using 3 sets of 4 arrows (3 round trips), the third shot is taken in the standing position.

The exercise can be timed to work on improving the efficiency of this element of the competition.

## TIR02 – Loading the bow

*Submitted by Guillaume ESCOTTE*

### Objective:

To practise loading the arrow on the bow as quickly as possible, until the action becomes automatic.

### Set-up:

- ⦿ A quiver/arrow tube at the shooting range with 12 arrows

### Procedure:

- ⦿ The athlete takes an arrow, loads it as quickly as possible on the bow and simulates the start of the draw.
- ⦿ Record the time taken for each arrow from the pick-up to the draw to show where time can be saved.
- ⦿ Once the action is mastered, the athlete shoots several series of 4 arrows alternating between the standing and kneeling positions.

## TIR03 - Video Work

*Submitted by Guillaume ESCOTTE*

### Objective:

Awareness and comparison of the athlete's shooting stance when shooting with and without exertion.

To correct posture difference and establish an automatic routine.

### Set-up:

- ⊙ 1 camera (with or without tripod) with cameraman.
- ⊙ 1 timekeeper / spotter recording the shooting time and the hits at the target

### Procedure:

- ⊙ The athlete shoots 4 to 6 sets of 4 arrows.
- ⊙ During the shooting, the cameraman films in profile and from behind the athlete.
- ⊙ The timekeeper/spotter records the time taken to shoot each set as well as the results (hit/miss/zone hit).
- ⊙ The athlete repeats the exercise with a run of at least 2 minutes between each set of arrows (at least at threshold pace).

The end of the session (or the following session) is dedicated to analysing the videos to identify areas for improvement and possible corrections.

## TIR04 - Improving shooting speed

*Submitted by Guillaume ESCOTTE*

### Objective:

Ascertain the athlete's shooting speed to reduce misses, and thus penalties.  
Generally improve shooting speed after exercise.

### Set-up:

- ⊙ 1 timekeeper and 1 spotter/arrow collector per athlete.
- ⊙ 2 quivers/arrow tubes per athlete with at least 12 arrows (No.1 at the shooting line – No.2 about 10 meters from the shooting line).
- ⊙ 1 whistle.

### Procedure:

- ⊙ The athletes shoot at least 3 sets of 4 arrows after running (minimum running time 2 minutes at threshold or race pace).
- ⊙ For each set, the athletes take 4 arrows from tube no.2 and place them in tube no.1 on the shooting line.
- ⊙ As the arrows are shot, the timekeeper records the shooting time of each set as follows:
- ⊙ 0 – setup – 1st arrow – 2nd arrow – 3rd arrow – 4th arrow). The setup phase begins when the athlete arrives at the shooting line until the first arrow is nocked.
- ⊙ For each shot, the spotter records a hit or miss.
- ⊙ At the end of the session, analysis of the times will determine an athlete's average shooting time which is adjusted according to their number of misses. Subsequent sessions will allow for specific work in a "shooting time zone" tailored to each athlete to minimize their number of misses.

From the second session onwards, the use of a whistle can help to control the athlete's shooting time.

Shooting times can be increased or reduced after several sessions depending on how the athlete feels, and their progress in both shooting more quickly and reducing misses.

## TIR05 – Relay and arrow collection

*Submitted by Guillaume ESCOTTE*

### Objective:

Practise arrow collection and setup at the shooting line.

Shooting in direct opposition

Strength and conditioning, depending on the penalty exercise chosen.

### Set-up:

- ⊙ An empty quiver/arrow tube set at the shooting line (No. 1)
- ⊙ A quiver/arrow tube about twenty meters away (No. 2) containing 12 to 18 arrows in bunches of 4 or 6.
- ⊙ Athletes (in teams of 2 or 3) are positioned about 10m behind tube No. 2.

### Procedure:

- ⊙ The 1st athlete from each team runs from the starting line to tube no. 2.
- ⊙ The athletes pick up their bunch of 4 or 6 arrows and place them as quickly as possible in tube no. 1.
- ⊙ The athletes shoot their arrows standing and then return to the starting line.
- ⊙ The next athlete of the team repeats the exercise but shooting from a kneeling position.
- ⊙ If there is a 3rd athlete, they repeat the exercise shooting in a standing position.

Record the teams' times with pre-determined time-penalties for each missed target.

Instead of penalty times, the team could be penalised with a static hold time or performance of a number of "Jumping Jacks" etc.

**TIR06 – Maintaining concentration***Submitted by Guillaume ESCOTTE***Objective:**

Staying in your own "bubble".

**Set-up:**

- ⦿ The athletes' arrows are placed in a quiver/arrow tube at the shooting line.
- ⦿ The first group of athletes go to the shooting line – the others remain behind.

**Procedure:**

- ⦿ The first group of athletes shoot their set of arrows (each athlete at their own target).
- ⦿ The job of the other group is to distract the archers, using any method while still respecting the rules of safety (noise, music, shouting reactions to a hit or miss, objecting to a poor spotter decision, etc.).
- ⦿ After the first athletes have shot, an assessment is made on their ability to concentrate. Then the roles are reversed (the second group shoots and the first group disrupts).

**Variant with 3 groups:**

- ⦿ The first group sets up at the shooting line leaving each alternate target station empty.
- ⦿ The second group arrives at the shooting line to shoot while the first group is already shooting.
- ⦿ The third group remains behind to make a disturbance as before.

## TIR07 – Dealing with the unexpected

*Submitted by Guillaume ESCOTTE*

### Objective:

To change the shooting sequence to adapt to any situation (for example, shooting the 5th and 6th arrows during a sprint).

### Set-up:

- ⦿ The athletes' arrows are placed in a quiver/arrow tube on the shooting line.
- ⦿ One athlete stands behind the line.

### Procedure:

- ⦿ The athletes set off and run a lap. They arrive at the shooting line.
- ⦿ The athlete behind the line designates which of the 4 targets is to be hit, choosing at random to 'surprise' the archers.
- ⦿ The athletes run another lap.

The exercise will be repeated over 2 or 3 shoots, alternating between the standing and kneeling positions.

## TIR08 - Shooting Time

*Submitted by Guillaume ESCOTTE*

### Objective:

To ascertain the athlete's fastest shooting speed while maintaining accuracy.

### Set-up:

- ⦿ A quiver/arrow tube at the shooting line with 12 arrows.
- ⦿ A timekeeper.

### Procedure:

- ⦿ The athlete shoots 4 arrows at their own pace, ensuring they hit the targets with each arrow.
- ⦿ The timekeeper records the time taken to shoot the sequence.
- ⦿ The athlete repeats the sequence several times, increasing the pace with each sequence.
- ⦿ As soon as the athlete begins to miss targets, the exercise stops and the athlete is given their reference time.

In subsequent sessions, the exercise is repeated with a higher heart rate and in both shooting positions.

## TIR09 – Threshold work

*Submitted by Guillaume ESCOTTE*

### Objective:

To shoot repeatedly with a high heart rate to identify an effective and suitable threshold pace for shooting.

### Set-up:

- ⊙ 2 groups of athletes
- ⊙ The active athletes' arrows are placed in quivers/arrow tubes at the entrance to the shooting range.
- ⊙ Empty quivers/arrow tubes are placed on the shooting line
- ⊙ Running lap between 300 and 600 m.

### Procedure:

- ⊙ Athletes from the 1st group run 1 or 2 laps to raise their heart rate.
- ⊙ They arrive at the entrance to the shooting range, collect 4 arrows, set up on the shooting line, shoot, and then continue to run another lap.
- ⊙ The athletes of the 2nd group are positioned behind to:
- ⊙ Record the outcomes of the shots
- ⊙ Reset the targets (if the club has drop-down targets)
- ⊙ remove the arrows from the targets (when the range is empty, in accordance with the safety rules) and place them back in the tubes at the entrance to the range

The exercise is repeated for between 20 and 30 minutes, alternating between shooting standing and kneeling.

At the end of the exercise, the groups switch roles.

## EDU01 – Lesson plans for 7 to 10 sessions

*Submitted by Dominique OHLMANN*

The training sessions suggested above should be adapted in both number and content, depending on the time available within the school calendar, the age of the students, and their learning pace.

Priority should be given to developing correct shooting form, as this is the foundation for effective performance in competition. The use of World Archery's "Zero Bow" kits is recommended, or other equipment that allows students to practice positioning and drawing without actually releasing arrows.

A hybrid technique—anchoring the index finger at the corner of the lips while using a sight—can make it easier for beginners with no prior shooting experience.

Session	Time	Content	Resources	Objective	Comments
1	00:10	Introduction to Run Archery	Videos	Introduce the sport	
	00:05	Introduction to archery equipment	Archery equipment or slideshow	Familiarisation with the equipment	
	00:05	Safety rules of archery	Equipment / Archery Range or slideshow	Essential safety instruction for beginners	
	00:15	Instruction on the shooting position - standing	Zero Bow kits	Shooting needs to be fast, getting into a good position is essential	
	00:15	First shooting session - standing	Equipment / Archery Range	Keep the session short to minimise frustration	Shooting distance 6m, target face 80cm
2	00:05	Reminder of safety rules		Safety must always be paramount	
	00:15	Instruction on the standing shooting position	Zero Bow kits	The draw should gradually become more consistent and quicker in order to achieve an accurate shot	
	00:30	Shooting practice - standing	Equipment / Archery Range	Check posture and draw action during shooting	Shooting distance 6m, target face 80cm
3	00:05	Reminder of safety rules		Safety must always be paramount	
	00:20	Posture and drawing action - kneeling position	Zero Bow kits	Experiment to find the best balance and stability, kneeling on different knees,	
	00:25	Shooting practice - kneeling	Equipment / Archery Range	Shooting with attention to correct form and position	Shooting distance 6m, target face 80cm
4	00:10	Warmup - reminder of form and stance, both standing and kneeling	Zero Bow kits	Reminding the students of the correct posture and draw action during the warmup saves spending time on the subject later in the session.	
	00:20	Shooting practice - standing	Equipment / Archery Range	Shooting with attention to correct form and stance	Shooting distance 8m, target face 80cm
	00:20	Shooting practice - kneeling	Equipment / Archery Range	Shooting with attention to correct form and stance	Shooting distance 8m, target face 80cm
5	00:10	Warmup - reminder of form and stance, both standing and kneeling	Zero Bow kits	Save lesson time by reminding the students of the correct form and stance during the warmup	
	00:30	Shooting practice, alternately standing and kneeling	Equipment / Archery Range	Shooting with attention to the correct form and stance	Shooting distance 10m - target face 80cm
	00:20	Shooting practice, alternately standing and kneeling	Equipment / Archery Range	Shooting with attention to the correct form and stance, and with a smaller target face to alter perception	Shooting distance 10m - target face 60cm

Session	Time	Content	Resources	Objective	Comments
6	00:10	Warmup - reminder of form and stance, both standing and kneeling	Zero Bow kits	Save lesson time by reminding the students of the correct form and stance during the warmup	
	00:30	Shooting practice, alternately standing and kneeling	Equipment / Archery Range	Shooting with attention to correct form and stance	Shooting distance 10m, target face 60cm
	00:20	Shooting practice, alternately standing and kneeling, adding a cardio activity between ends to raise heart rate	Equipment / Archery Range + Running loop	Beginning to experience shooting while out of breath	Shooting distance 10m, target face 60cm Running loop 60m
7	00:10	Warmup - reminder of form and stance, both standing and kneeling	Zero Bow kits	Save lesson time by reminding the students of the correct form and stance during the warmup	
	00:15	Shooting practice, alternately standing and kneeling	Equipment / Archery Range	Shooting with attention to correct form and stance	Shooting distance 12m, target face 60cm
	00:25	Shooting practice, alternately standing and kneeling, adding a cardio activity between ends to raise heart rate	Equipment / Archery Range + Running loop	Competition-simulation training, assessing the students' form and posture	Shooting distance 12m, target face 60cm Running loop 60m
		POSSIBLE FIRST COMPETITION		To be considered as an introductory experience to competition, but only if the competition calendar offers no other option.	
8	00:10	Warmup - reminder of form and stance, both standing and kneeling	Zero Bow kits	Remind the students of the correct form and stance during the warmup	
	00:15	Shooting practice, alternately standing and kneeling	Equipment / Archery Range	Shooting with attention to correct form and stance	Shooting distance 15m, target face 80cm, defined shooting area
	00:25	Shooting practice, alternately standing and kneeling, adding a cardio activity between ends to raise heart rate	Equipment / Archery Range + Running loop	Simulation of a competition situation, observing the archer's form and stance and the way they leave the shooting line, particularly when standing up after kneeling	Shooting distance 15m, target face 80cm, defined shooting area Running loop 100m
9	00:10	Warmup - reminder of form and stance, both standing and kneeling	Zero Bow kits	Remind the students of the correct form and stance during the warmup	
	00:15	Shooting practice, alternately standing and kneeling	Equipment / Archery Range	Shooting with attention to correct form and stance	Shooting distance 15m, target face 80cm, defined shooting area
	00:25	Short Track Challenge	Equipment / Archery Range + Running loop	To introduce an element of competition between participants	Shooting distance 15m, target face 80cm, defined shooting area Running loop 140m, Penalty loop 20m
10	00:10	Warmup - reminder of form and stance, both standing and kneeling	Zero Bow kits	Remind the students of the correct form and stance during the warmup	
	00:15	Shooting practice, alternately standing and kneeling	Equipment / Archery Range	Shooting with attention to correct form and stance when shooting at more than one spot during the end	Multispot targets
	00:25	Competition situation	Equipment / Archery Range + Running loop	A 'dress-rehearsal' competition between the participants	Shooting distance and target size as for the upcoming real competition
		COMPETITION		Concluding the season by reinforcing proper form and movement during shooting.	

## AUTHORS

The content of this guide is based largely on the programme presented during a webinar organised in March 2022 by World Archery Europe with the following speakers:

### Chiara BARBI (Italy)

- ⦿ Specialist sports physiotherapist
- ⦿ Physiotherapist for Italian Para Archery team
- ⦿ Certified National Coach
- ⦿ Former athlete in the national team
- ⦿ Member of the World Archery Classification Commission (since 2017),
- ⦿ Instructor for International Classifiers



### Guillaume ESCOTTE (France)

- ⦿ Archery coach since 2017
- ⦿ First Run-Archery competition in 2017
- ⦿ Personal records:
  - ⦿ 10 km run 38'40
  - ⦿ Recurve archery 18m 538
- ⦿ Best rankings in Run-Archery:
  - 2nd at the 2021 European Cup
  - 1st S1 of the Run-Archery Tour France 2023



### Janus GROSS (Estonia)

- ⦿ Archery coach since 2007
- ⦿ First Run-Archery in 2008
- ⦿ Personal bests:
  - ⦿ 1000 m race 2'36
  - ⦿ 1500 m race 4'02
  - ⦿ Archery Recurve 18m 578
  - ⦿ Archery Recurve 70m 648



### Dominique OHLMANN (France)

- ⊙ European Manager for Run-Archery
- ⊙ Run-Archery Technical Delegate
- ⊙ European Cup 2019 – 2021 to 2023
- ⊙ Speaker at the 2022 webinar and 2022 seminar
- ⊙ Coordinator of European and international training



### David ŠNAJDR (Czech Republic)

- ⊙ Athletics Coach
- ⊙ Participation in the 1999 and 2005 World Cups
- ⊙ Participation in the 2001 European Cup
- ⊙ Personal records:
- ⊙ U20 race, 1500 m      4'09
- ⊙ U20 race, 3000 m      8'56
- ⊙ U20 race, 5000 m      15'40
- ⊙ 5000 m walk          19'56



This guidebook has been translated into English by :

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