

RUN-ARCHERY - Guide to start training

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Is there some of the archers in your club interested by trying Run-Archery?

This short guide aims to advise you to propose the practice of Run Archery for the implementation of the activity. It proposes actions that can be easily organized in a club until coaches or referees can train in the activity.

Clubs may be confronted with two types of future Run Archery practitioners:

- The confirmed runner who does not practice archery:
For this kind of future practitioner, it will be necessary for the club to be able to teach him archery at first (core of the club's business) and then guide him for the specific practice of the run-archery in competition.
- The confirmed archer, practicing in clubs of various disciplines and who wants to diversify a little more his activity:
The club should be able to offer this archer situations of learning specific shooting in run archery compared to other disciplines practiced but also a first approach to the activity of brisk walking /running and the transition phase race/shooting.

Facilities

Run archery is an outdoor discipline.

During the winter period it is possible to practice exercises that allow you to work indoors to progress in the discipline.

Whatever their practice (target/3D/Field) the short shooting distance (18m) allows all clubs to develop the practice of Run Archery.

Rules

If your National Federation has some rules, please refer to them. It can happen that there are not fully the same than the international ones.

If you refer to the international ones, published by World Archery Europe or World Archery (book 5), chapter 34.1 contains the first elements you have to know to start:

- Equipment you can use
- Distances of shooting
- Formats of races

Targets

- High level competitions usually take place with drop-down targets. This type of target really brings an advantage in the practice of the activity. If the club can buy or build some, it will be a definite added value for the training of archers.
- It is not necessary to have drop-down targets and the use of paper target faces may be sufficient.
- A 16cm self-made spot is also a possibility (color paper glued to cardboard, ...)

Indoor training

- Indoors: The space is limited, making it difficult to run long distances.
- It will be possible to work the running/shooting link in a gymnasium. The archer will be able to run short races such as round trips over 20 m behind the 18 m line of fire to raise the heart and respiratory rates and thus be able to shoot in competitive conditions. 5 round trips (200m should suffice for this). If the athlete is not alone in the firing range, he must coordinate the pace of his work with that of the other archers.
- If the room does not allow to run even over a very short distance, it is possible to simulate the race by, for example, climbing knees on the spot. On-site running that will also raise respiratory and heart rates as well.

Outdoor training:

- If the club has a permanent pitch with targets at different distances, including one at 20m, with a space for running, even on short distance, the archer run can find a way to work the race/shoot sequence in a very satisfying way.
- If the width of the field is enough, it is possible to set a target away from the other targets to allow the archer run to train at its own pace without disturbing the training of other archers and ensuring the safety of all.

Coaching

- Sessions:
First, and before the start of the specific training for run-archery, the coaching of the sessions will better be done with a graduated coach from the club.
 - If he has running skills (personal experience, activity training) that's an advantage.
 - If he does not have one, he may initially help the archers to work on the specific aspects of the archery technique in run-archery: technical stability, speed of execution, work on the race/shoot link.
- Duration of sessions:
A specific run-archery working session should not exceed 1 hour and a half, especially when it comes to the race/shoot sequence.
Offering a session of this type per week is a good starting point in addition to technical archery and running sessions.
- Content of sessions:
 - Shooting:
Technical work is essential to run-archery performance. The shooting is less precise than in indoor or Olympic shooting, but the conditions for performing the technical gesture are specific due to the physiological pressure exerted by the race/shoot transition.
It is essential that the archer masters a simple and effective shooting technique in order to guarantee a percentage of success in hitting targets.
 - Race:
An archery club is not an athletics club. Archers wishing to practice RA are often already runners. If they are not, they must be able to walk fast, or run distances of 5 km without stopping time to start the activity.
The archery coach can therefore advise the archers to train first to achieve this goal. Archers can find many tips to start in running activities on the sites of specialized running magazines
 - Race/shoot link:
This moment in the activity is important to work if you want to perform.
Under the effect of stroke, the heart rate accelerates, the respiratory rate also.
The latter is also the most problematic for maintaining the archer's shooting sequence. It is therefore imperative to work on this moment of transition Race/shooting. This must be done in the conditions of the competition by chaining race sequences at a high intensity, and shooting sequences looking for a success percentage close to 95 to 100%.