



BIATHLON

An obstacle course where you alternate between moving and throwing towards targets. Each missed target incurs a penalty.

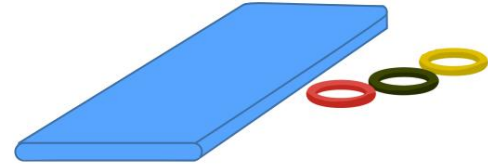
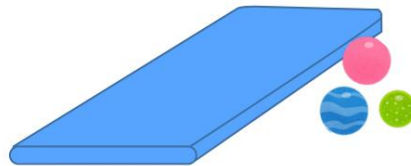
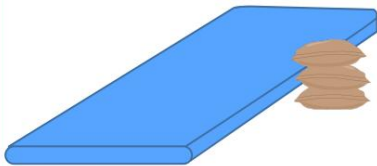
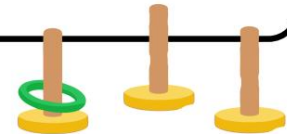
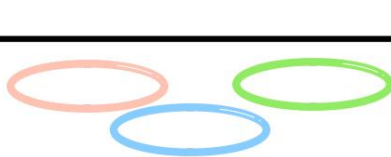


SET UP

1. Create an obstacle course.
2. Identify one or more shooting zones with a mat on the ground.
3. Place three targets and three sandbags at each shooting area.
4. Set up a penalty area nearby from the firing zone.

MATERIAL

- Shooting range mat.
- Three targets: inverted cones, hoops stuck to the wall or boxes.
- Projectiles for shooting: balls, light balloons or sandbags.
- Equipment to mark out the course and for obstacles.



Procedure

1. On the signal, run and complete a first lap of the obstacle course.
2. At the designated firing zone, Enter the designated area, take three sandbags and perform three throws towards the targets.
3. For each missed target, perform three star jumps in the penalty area.
4. Once the penalty
Once completed, resume the race and begin your second lap of the course.
5. Continue the course until you complete your third lap.

Variants

- Change the modes of movement: on tiptoe, side steps, walking backwards, long strides, etc.
- Moving by gliding (cross-country skiing) using sliding discs, turned-over carpet squares, thick cardboard or a towel.
- Vary the shooting position: kneeling, lying down, sitting, etc.
- Vary the projectiles and targets: inverted cones, hoops on the ground or on the wall, boxes, skittles, etc.
- Modify the penalty: mini 10-second course, round trip run to a cone, etc.
- Allow each participant to advance directly as soon as they reach a target.
- Propose a relay: you complete one lap and one shot before passing to your teammate; the team must reach a total number of targets to complete the event.
- Propose a strategic biathlon: each participant chooses their shooting position and projectile at the start and must maintain their choice throughout the event or change it at each shooting zone.





Biathlon

Biathlon combines **cross-country skiing** and **rifle shooting**. During a biathlon race, athletes must cover a distance on cross-country skis while carrying their rifle on their back. At the end of each lap, athletes must shoot at five (5) targets with their rifle. Each missed target results in a penalty. This penalty may be the addition of a 150-meter loop or the addition of one minute to their time for each missed target.



At the 2026 Olympic Games, there will be several types of biathlon races. Here is the list:

- Individual: 20 km (men) / 15 km (women)
- Sprint: 10 km (men) / 6.5 km (women)
- Pursuit: 12.5 km (men) / 10 km (women)
- Group start: 15 km (men) / 12.5 km (women)
- Relay: 4 x 7.5 km (men), 4 x 6 km (women) / 4 x 6 km (mixed).

Did you know?

Did you know that the origin of this sport comes from military training in Scandinavian countries?

This sport is also associated with the Norse god **Ullr**, who is the god of skiing, archery, hunting, and winter.

In mythology, **Ullr** is said to be the stepson of another Norse god you may know; the **Avenger** and thunder god **Thor**.





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