

100-Round Rifle Range Session #1

Ready Ups

# of Rounds	Position	Range/Distance	Time/Par Time
1	High Port		
1	High Ready		
1	Compressed Ready		
1	Low Ready		
1	Compressed Low Ready		
1	Low Port		

Ready Ups Continued

# of Rounds	Position	Range/Distance	Time/Par Time
2	High Port		
2	High Ready		
2	Compressed Ready		
2	Low Ready		
2	Compressed Low Ready		
2	Low Port		



Ready Ups with Lateral Movements, Moving Right.

# of Rounds	Position	Range/Distance	Time/Par Time
2	High Port		
2	High Ready		
2	Compressed Ready		
2	Low Ready		
2	Compressed Low Ready		
2	Low Port		

Ready Ups with Lateral Movements, Moving Left.

# of Rounds	Position	Range/Distance	Time/Par Time
2	High Port		
2	High Ready		
2	Compressed Ready		
2	Low Ready		
2	Compressed Low Ready		
2	Low Port		

Standing to Kneeling Drill

# of Rounds	Position	Range/Distance	Time/Par Time
2	Standing to Kneeling	50 Yds	
2	Standing to Kneeling	50 Yds	
2	Standing to Kneeling	100 Yds	
2	Standing to Kneeling	100 Yds	



Standing to Prone Drill

# of Rounds	Position	Range/Distance	Time/Par Time
2	Standing to Prone	100 Yds	
2	Standing to Prone	100 Yds	

7 - 100 Drill (1st Set)

# of Rounds	Position	Range/Distance	Time/Par Time
3	Standing	7 Yds	
3	Standing	25 Yds	
3	Standing/Kneeling	50 Yds	
3	Standing/Prone	100 Yds	

7 - 100 Drill (2nd Set)

# of Rounds	Position	Range/Distance	Time/Par Time
3	Standing	7 Yds	
3	Standing	25 Yds	
3	Standing/Kneeling	50 Yds	
3	Standing/Prone	100 Yds	

5 at 5 Drill

# of Rounds	Position	Range/Distance	Time/Par Time
5	Standing	5 Yds	
5	Standing	5 Yds	
5	Standing	5 Yds	



Ready Up to Bolt Lock Reloads

# of Rounds	Position	Range/Distance	Time/Par Time
1	Standing		
1	Standing		
1	Standing		
1	Standing		

Ready Up to Bolt Forward Reloads

# of Rounds	Position	Range/Distance	Time/Par Time
1	Standing		
1	Standing		
1	Standing		

Notes:

