

Application Note: Tabata Training

SUMMARY

Tabata training gives you a set period of time to get on target and take the shot. In rifle it is used to train out of overholding, on pistol it simulates a rapid fire event.

REQUIRED

- freETarget V2.1 or higher
- Firmware V3.05 or higher

INTRODUCTION

The freETarget firmware can be configured to control the illumination LED to light the target for a variable period of time. This trains you to acquire the target and take the shot in a short period of time, or the shot doesn't count.

When used with a pistol, it simulates a rapid fire event

SETTINGS

Three configuration settings are used;

TABATA_ON	How many 1/10'th seconds the LEDs will be turned ON (ex 55 = 5.5 seconds)
TABATA_REST	How long the target will be dark between shots
TABATA_CYCLES	How many shots in a training session. TABATA_CYCLES = 0 → Never ends

USE

The target will cycle between ON and OFF during the training. A two second warning is given to start a shot.

One second ON warning

One second OFF warning

TABATA_ON, target is illuminated for TABATA_ON seconds

TABATA_REST, target is dark for TABATA_REST seconds

Repeat back to the top

If TABATA_CYCLES is non-zero, the target will stop recognizing shots and blink the target LEDs once every two seconds.

START and RESET

The cycles are started from scratch every time the PC connects to the target. Disconnecting and connecting will set all of the counters back to the beginning.

Pressing any one of the multifunction switches will reset the Tabata cycles back to the beginning

Pressing both multifunction switches will toggle the Tabata cycles enable between ON and OFF. While the switches are held down, the status LEDs will indicate if the Tabata is on or off.

