



UNION INTERNATIONALE
DE PENTATHLON MODERNE

MODERN PENTATHLON TRAINING – INFRASTRUCTURES

- Swimming

- Water access (open water or swimming pool) allowing swim practice
 - Ideally, 25m, 33m or 50m swimming pool, fully equipped
- Equipment for athletes
 - Swimsuit (Tri suits are recommended for Biathle / Triathle competitions)
 - Goggles
 - Kickboard, pull buoy, paddles etc.
- Equipment for coaches
 - Stopwatch
 - Whistle

- Fencing

- Sports hall or similar room with non-slippery floor
- Equipment for athletes
 - Mask
 - Glove
 - Clothes (pants, jackets, plastrons)
 - Epee
- Equipment for coaches
 - Mask
 - Glove
 - Jacket
 - Epee
- Electrical installation
 - Fencing scoring apparatus, spools and cables
 - Electric epee and body wires
 - Ideally, non-conductive fencing pistes



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- **Riding**

- Suitable field or arena to learn how to ride
- Access to horses with tack (English saddles)
- Equipment for athletes
 - Boots or shoes with heels (for safety)
 - Riding helmet

- **Laser Run**

- Ideally, a track or measured loop (400m or similar) is accessible
- Shooting range setup with laser targets of any types (hit & miss, hit, precision)
- Equipment for athletes
 - Laser pistol
 - Running shoes
 - Running outfit
- Equipment for coaches
 - Stopwatch