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
- **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