# freETarget

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 seconds the LEDs will be turned ON

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.