

THE FOUNDATIONS OF JAVELIN THROWING

Key factors that help the javelin go far



THE FOUNDATION'S OF THE JAVELIN THROW

- Weight Training/Circuit Training
- Speed, Rhythm, & Explosive work
- Flexibility, Coordination & body awareness strength
- Technique, Training and Throwing
- Training intentions/Atmosphere



WEIGHT TRAINING

- ❑ Weight training has a lot considerations when you are training your javelin throwers. I believe that the focus should be on these points
 - Know your athletes
 - Natural Power & Strengths
 - Strength
 - Power
 - Being Explosive



WEIGHT TRAINING

□ Key Lifts

- Squats
 - Reg.
 - Front
 - Timed
 - Box
 - Single
 - Negatives (Slow down explode up)
 - Combination Squats
- Cleans & Snatch
 - Floor
 - Hang
 - Split leg from floor and hang
 - Pulls
 - Landmine
- Deadlift (speed)
 - Reg.
 - Trap bar
- Pullovers
- Press'
 - Bench
 - Incline
 - Shoulder
 - Military
- Jerks

□ Key Calisthenics Work (usually done in circuits)

- Body weight
 - Squats
 - Chin & Pull ups
 - Push ups
 - Step Up's
 - Dips
- Kettlebell swings
- Sled work
- Sledge hammer work
- Med ball work
- Box jump variations
- Rope work
- Bike workouts
- Back work
- Core work



WEIGHT TRAINING

Mississippi State University Throwers 2018-2019.

Strength Training Structuring Your Weekly strength Training Plan: Phase 1 Split Wk 1-3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre Work: A	Pre Work: B	Off	Pre Work: A	Pre Work: B	Off	Off
Weights: 4x12 @60%	Weights: 4x12 @60%		Weights: 4x12 @60%	Weights: 4x12 @60%		
Circuit A	Circuit B	-	Circuit A	Circuit B		
- Step Ups	- Bench Press		- Step Ups	- Bench Press		
- Reg. Squat	- Bent over row		- Reg. Squat	- Bent over row		
- Lunges	- Military Press		- Lunges	- Military Press		
- Box Jumps	- Reverse back hypers		- Box Jumps	- Reverse back hypers		
Aux. Work: 3x12	Core Training: 3x20		Aux. Work: 3x12	Core Training		
T-Bar Twist	Tic Tacs, Toe Touches, V-Ups		Low Cable Row	Any 200		
Lat.Pull Downs			High Pulls			
Cooldown	Cooldown		Cooldown	Cooldown		
- 20min stretch	- 20min stretch		- 20m stretches	- 20min stretch		

Aug.



WEIGHT TRAINING

Mississippi State University Throwers 2018-2019.

Strength Training Structuring Your Weekly strength Training Plan: Phase 1 Split Wk 5-7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre Work: A	Pre Work: B	Off	Pre Work: A	Pre Work: B	Static Warm Up	Off
Weights: 4x15sec @70%	Weights: 4x15sec @70%		Weights: 4x15sec @40%	Weights: 4x15sec @70%	Pool/Recovery	
4x15sec. Squat - Good Morning, Bar jacks	4x15sec. Bench Press - Bicep Curls, Pull ups		4x15sec. Single leg squat & press 4x Lung & Press	4x15sec. Incline Bench Press 4x Pull Overs	- 45min.	
4x15sec. Side step-ups - Single leg RDL, bounds	4x15sec. Pull Overs - Push Up, Dips		4x Side step up & press	4x Shoulder Press & High Pull		
4x15sec. Lunges - Band kick backs, split leg jumps	4x15sec. Shoulder Press - DB Flys, DB Row					
	Core Training			Core Training		
	Planks, Plank Jacks, Side Planks			Plank Alt. plate slides, Glute Raises		
	Unilateral Planks			Unilateral Planks		
Lactate:	Lactate:		Lactate:	Lactate:	Cooldown:	
- 30sec. Run @ 60sec rest 12 reps - Cool down 30min stretch	8x 20m Sprints 2.5mins rest - Cool down 30min stretch	20min Stretch	10x40sec. Run (slow) 1.5min rest Cool down: 20m stretches	8x 20m Sprints 2.5mins rest - Cool down 20min stretch	20min Stretch	20min Stretch

Sept – Oct.



WEIGHT TRAINING

Mississippi State University Throwers 2018-2019.

Strength Training Structuring Your Weekly strength Training Plan: Phase 2 Wk 9-13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre Work: A	Pre Work: B	Off	Pre Work: A	Pre Work: B	Off	Off
Weights: 5x4 @80% 3min rest	Weights: 5x4 @80% 3min rest		Weights: 5x4 @80% 3min rest	Weights: 5x4 @80% 3min rest		
Bench Press 6:0 explods	Wide Box Squats 6:0 explod		Incline Bench Press 6:0 Explods	Reg. Box Squats 6:0 Explod		
Shoulder Press	Good Mornings		Pull overs	Stiff leg deadlift		
Aux. Work: 3x8 1min rest	Aux. Work: 3x8 1min rest		Aux. Work: 3x8 1min rest	Aux. Work: 3x8		
Tricep Extentions	Hamstring Curls		Bentover Row	Leg Extentions		
EZ Bar Curls	Calf Raises		Pull Ups 3xBO	Speed Push ups 6x6sec 2.5sec rest b/t		
	Jumps: 6x4		Band Work: 2x6 each	Jumps: 6x4		
	Seated box jumps		Rotator cuff work	Box jumps		
Sprints	Sprints		Aerobic Work	Aerobic Work		
10x10sec. w/ 20sec. Rest b/t each	10x7sec. 40 sec. rest b/t each		Tire Flips 10x10sec w/ 20 sec. rest b/t	Sled pulls 10x10sec w/ 40sec. Rest b/t		
Cooldown	Cooldown		Cooldown	Cooldown		
- 20min stretch	- 20min stretch	- 30min Stretches	- 20m stretches	- 20min stretch	- 30min Stretch	

Oct. - Nov.



WEIGHT TRAINING

Mississippi State University Throwers 2018-2019.

Strength Training Structuring Your Weekly strength Training Plan: Phase 3Wk 15-18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre Work: A	Pre Work: B	Off	Pre Work: A	Pre Work: B	Off	Off
Weights: 3x5 w/ 2.5mins rest	Weights: 3x5 @ 80% 2.5min rest		Weights: 3x5 w/ 2.5min rest	Weights: 3x5 @ 80% 2.5min rest		
Snatch: @ 60%	Squats 5:0 explodes		Clean: @ 60%	DeadLift: 5:0 Explodes		
Bench Press: @80%	Squat Jumps 30% x4		Incline Bench Press: @80%	Speed DeadLifts 30% x4		
Aux Work: 3x8	Aux. Work: 3x8		Aux. Work: 3x8	Aux. Work: 3x8		
Pull Overs	Step Ups		Bar Banded Punches	Push up explodes		
Rotator Cuff work	Calf Raises		Pull Up's xBO	Forearm Work 3x BO		
Aerobic Work:	Aerobic Work:		Aerobic Work:	Aerobic Work:		
10x10sec. Run 40sec. Rest	Tire Flips		10x20m Block Starts	6x15sec runs 40sec.Rest		
Cooldown	Cooldown		Cooldown	Cooldown		
- 20min stretch	- 20min stretch	20min stretch	- 20m stretches	- 20min stretch	20min Stretch	

Nov. - Dec.



SPEED, RHYTHM, & EXPLOSIVE WORK

- When it comes to throwing the javelin, acceleration of the whole thrower-javelin system should be used by speed and strength of the legs. The legs are the engine and that's going to make the javelin go far.
 - Acceleration of the lower half. Brace the lower parts of the body (great mass) energy is transferred to the upper parts of the body (small mass), which makes them accelerate
 - Acceleration of the arm, hand and the javelin. Brace the upper parts of the body the energy is transferred to the lower arm, hand and the javelin. This will led to a further increase of velocity.
- Every phase of the javelin throw has a function. The main function is develop velocity and transfer that velocity to the next phase. The throw should continue to increase in velocity with the maximum velocity happening at the release. So Speed, rhythm and explosive work will help with this



SPEED, RHYTHM, & EXPLOSIVE WORK

❑ Hurdle Work

- Static & Dynamic hurdle mobility
- Hops
- Rhythm Step overs
- 3 step hurdle work
- Wicked mini hurdle runs

❑ Speed Work

- Block Starts
- Sprints
- Sled runs
- Resistance running
- Hill runs
- Stadium runs
- Agility Ladder
- Sliding boards

❑ Rhythm work

- Right side turn overs
- Cross over bounces
- Rhythm runs
- Impulse variations
- Hurdle step overs

❑ Jumps

- Bounding
- Box jumps
- Jump rope
- Tuck Jumps
- Sprints lung jumps

❑ Explosive Work (event specific)

- Band resistant MB chest pass
- Box push up explodes
- Bar throws
- Med ball explode variation
- Double leg hops
- Shot Put throw variation



FLEXIBILITY, COORDINATION & BODY AWARENESS STRENGTH

❑ Key pointers about flexibility:

- Improving flexibility and increasing the throwing range of motion will greatly improve your athletes' ability to exert greater force on the implement, especially as their strength improves.
- Helps with protection against injury.

❑ Coordination

- Have to be able to chew gum and walk at the same time
- Muscle memory habits

❑ Body awareness

- Balance
- Spatial orientation
- Center of mass



TECHNIQUE, TRAINING AND THROWING

❑ Technique Work

- Runway Check points work
 - Rhythm
 - Speed
 - Body Position
- Target Practice
- Video Analysis
- Bar Roll Under
- Bar Swing Throws
- Band work
- Overlength Javelin
- Overweight Javelin
- Lite Javelin

❑ Training

- Circuit Training
- Sprints
- Jumps & Bounds
- Sled Pulls & Push
- Hurdles
- Tire Flips
- Training Ropes
- Sledge Hammer
- Hill Runs
- Ball Throws
 - Med ball
 - Jav. Balls
 - Football
 - Softball
 - Baseball
 - Tennis Ball
- Pool workout
- Yoga
- Soccer
- Basketball

❑ Throwing (10,000 throws)

- Jav. Ball
 - Arm strikes
 - Power Position
 - 3 step & 5 step
- Shot Put throws
 - Over head forwards & backwards
 - Underhand forwards
- Med balls
 - Snap toss
 - Overhead forwards & Backwards
 - Underhand forwards
 - Standing & Kneeling
 - 3 step & 5 step
 - Explodes
 - Chest passes
 - Side tosses
 - Slams
- Jav.
 - Impulse
 - 3 & 5 Step
 - Half & Full
 - Combo drills



TECHNIQUE, TRAINING AND THROWING

- Phase 1 split – Wks. 1-3

	Week 1			Week 2			Week 3			Week 4		Week 1			Week 2			Week 3			Week 4
MONDAY	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	MAX/Recovery	TUESDAY	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	MAX/Recovery
General Warm up; - 15min											General Warm up: - 15min										
Quality Work											Quality Work										
Circuit Training - See handout for reps	3		5min	3		5min	3		5min		Hill Runs	1	20	3	1	20	3	1	20	3	
Cooldown - 20 min Stretch											Cooldown - 20 min Stretch										
	Week 1			Week 2			Week 3			Week 4		Week 1			Week 2			Week 3			Week 4
Thursday	SETS	REPS	REST	SETS	REPS	WT	SETS	REPS	WT	MAX/Recovery	Friday	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	MAX/Recovery
General Warm up: - 15min											General Warm up: - 15min										
Quality Work											Quality Work										
Circuit Training - See handout for reps	3		5min	3		5min	3		5min		Stadium Runs	1	20	3	1	20	3	1	20	3	
Cooldown - 20mn Stretch											Cooldown - 20min Stretch										

Aug. – Sept.



TECHNIQUE, TRAINING AND THROWING

- Phase 1 split – Wks. 5-7

	Week 1			Week 2			Week 3			Week 4		Week 1			Week 2			Week 3			Week 4
MONDAY	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	MAX/Recovery	TUESDAY	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	MAX/Recovery
General Warm up; - 15min											General Warm up; - 15min										
Quality Work - 15 seconds run (active recovery)	1	8	2.5min	1	8	2.5	1	8	2.5min		Quality Work Run/Power walk/ Crossover (active recovery)	1	10	2.5	1	10	2.5	1	10	2.5	
Cooldown - 30 min Stretch											Cooldown - 30 min Stretch										
	Week 1			Week 2			Week 3			Week 4		Week 1			Week 2			Week 3			Week 4
Thursday	SETS	REPS	REST	SETS	REPS	WT	SETS	REPS	WT	MAX/Recovery	Friday	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	MAX/Recovery
General Warm up; - 15min											General Warm up; - 15min										
Quality Work 15sec sled runs 45p (active recovery)	1	8	2.5min	1	8	2.5min	1	8	2.5min		Quality Work 45sec. Run (vest) (active recovery)	1	10	2.45	1	10	2.45	1	10	2.45	
Cooldown - 20mn Stretch											Cooldown - 20min Stretch										

Sept.- Oct.



TECHNIQUE, TRAINING AND THROWING

- Phase 2 – Wks. 9-13

Mississippi State University Throwers 2018-2019.

Strength Training Structuring Your Weekly strength Training Plan: Phase 2 Wk 9-13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre Work: A	Pre Work: B	Off	Pre Work: A	Pre Work: B	Off	Off
Weights: 5x4 @80% 3min rest	Weights: 5x4 @80% 3min rest		Weights: 5x4 @80% 3min rest	Weights: 5x4 @80% 3min rest		
Bench Press 6:0 Explodes	Wide Box Squats 6:0 Explodes		Incline Bench Press 6:0 Explodes	Reg. Box Squats 6:0 Explodes		
Shoulder Press	Good Mornings		Pull overs	Stiff leg deadlift		
Aux. Work: 3x8 1min rest	Aux. Work: 3x8 1min rest		Aux. Work: 3x8 1min rest	Aux. Work: 3x8		
Tricep Extentions	Hamstring Curls		Bentover Row	Leg Extentions		
EZ Bar Curls	Calf Raises		Pull Ups 3xBO	Speed Push ups 6x6sec 2.5sec rest b/t		
	Jumps: 6x4		Band Work: 2x6 each	Jumps: 6x4		
	Seated box jumps		Rotator cuff work	Box jumps		
Sprints	Sprints		Aerobic Work	Aerobic Work		
10x10sec. w/ 20sec. Rest b/t each	10x7sec. 40 sec. rest b/t each		Tire Flips 10x10sec w/ 20 sec. rest b/t	Sled pulls 10x10sec w/ 40sec. Rest b/t		
Cooldown	Cooldown		Cooldown	Cooldown		
- 20min stretch	- 20min stretch	- 30min Stretches	- 20m stretches	- 20min stretch	- 30min Stretch	

Oct. – Nov.



TECHNIQUE, TRAINING AND THROWING

Phase 3 – Wks. 15-18

	Week 1			Week 2			Week 3			Week 4			Week 5		Week 1			Week 2			Week 3			Week 4			Week 5
MONDAY	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	MAX/Recovery	TUESDAY	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	MAX/Recovery
Specific Warm up: - Block Starts		8			8			8			8			Specific Warm up: 3 Step Hurdle Work		4			4			4			4		
Tech. Throws - Progression Handout		P1	AN		P1	AN		P2	AN		P2	AN		Tech Work - Position Drills (see Handout)		PD 1	AS		PD 1	AS		PD 1	AS		PD 1	AS	
Aerobic Work: Crossover Strides w/MH	10	10sec.	40sec	10	10sec.	40sec	8	8sec.	20sec	8	8sec.	20sec		Aerobic Work: Tire/Siege Hammer Work	8	10sec	3min	8	10	3min	6	8sec	2min	6	8sec	2min	
Cooldown - 20 min Stretch														Cooldown - 20 min Stretch													
Thursday	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	MAX/Recovery	Friday	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	SETS	REPS	REST	MAX/Recovery
Specific Warm up: - 400m		1			1			1			1			Specific Warm up: 3 Step Hurdle Work		4			4			4			4		
Tech Throws - Med Ball Work	1	60	AN	1	60	AN	1	60	AN	1	60	AN		Tech. Work - Handout Rhythm Variation		RV 1	AN		RV 1	AN		RV 1	AN		RV 1	AN	
Aerobic Work: Power Sled Walks/Runs	10	20sec	2.5min	10	20sec	2.5min	8	10sec	2min	8	10sec	2min		Aerobic Work: Crossover Strides	8	10sec	3min	8	10	3min	6	8sec	2min	6	8sec	2min	
Cooldown - 20 min Stretch														Cooldown - 20 min Stretch													

*AS - As needed

* P1 - Progression 1

* PD 1 - Position Drills

*RV - Rhythm Variation 1

* MH - Mini Hurdle

Nov. – Dec.



TECHNIQUE, TRAINING AND THROWING

- Recovery Weeks
 - Max
 - Yoga
 - Swim
 - Basketball
 - Boxing
 - Kickball
 - Slip N Slide
 - Water balloon fight
 - Med ball Tennis /Four Square



TECHNIQUE, TRAINING AND THROWING

Medicine Ball Circuits

Gas:



1. Standing Overhead Forward



2. Hip Catch-w-throw



3. Good Morning



4. V-Sit-up



5. Seated Side Throw



6. Hurdle Stretch



7. Partner Exchange



8. Kneeling Shoulder Catch & Throw



9. Knee Toss



10. Prone Catch-n-Toss



11. Seated Roll



12. Pike Exchange

Medicine Ball Circuits

Tank:



1. Stand Shoulder C-Toss



2. Reach & Kick



3. Back Toss



4. Seated Oblique Twist Catch-Throw



5. Leg Toss



6. Torso Circle



7. Kneel Overhead Forward



8. Leg Ab-Ad



9. Prone Overhead Behind



10. Allah Arch



11. Partner Exchange-KOHB



12. Arm Ab-Ad



TECHNIQUE, TRAINING AND THROWING

Circuit Training Workout 20mins for 40 meters

Squat split jumps	x20
Sit ups	x20
Ladder quick feet movement	x2 times through
Plate Push	down
Sprint	down & back
Push explodes	x10
Back Bridges	x10
Jumping Jacks	x20
Plate Push	down
Sprint	down
Walk	back
MB squat and throw	x10
Jump rope	x40contact
Box Jumps (side to side)	x20 contacts low box



TECHNIQUE, TRAINING AND THROWING

Circuit # 1

Exercise	Reps
OH Squat	X12
MB Chest Throw Run	X60yd
Run	X60yd
Walk	X60yds
Sit Up w/ MB	X24
MB BKW Throw Run	X60yd
Run	X60yd
Walk	X60yd
RDL + Press	X12
MB Chest Throw Run	X60yd
Run	X60yd
Walk	X60yd
Tic Tacs w/ MB	X30
MB BKW Throw Run	X60yd
Run	X60yd
Walk	X60yd
Lung + Twist	X12
MB Chest Throw Run	X60yd
Run	X60yd
Walk	X60yd
Hold The world w/ MB	X45sec
MB BKW Throw Run	X60yd
Run	X60yd
Walk	X60yd

*OH - overhead Squat

*MB - Med Ball

*BKW – Backwards

*Entire workout should be done w/ MB

*60yds

* To get full effect go through circuit least 2 times



TECHNIQUE, TRAINING AND THROWING

NAME:

BULLDOG THROWER STRENGTH TRAINING

FALL
2018

BAND WORKOUT -		
Dynamic	/	/
Push-ups - 1 x 15	/	/
Bodyweight Squat - 1 x 15	/	/
BAND STRENGTH:		
	2 x 8 ea	2 x 10 ea
Lunges with Step (Fwd, Bk, Right, Left)	/	/
Lateral Squat & Touch Ground (Right & Left)	/	/
Standing Overhead Tricep Extension (2 hands together)	/	/
1-Arm Row/Pull & Back Step (Right & Left)	/	/
Torso Rotation - Twist & Step (Right & Left)	/	/
BAND SPEED & FOOTWORK:		
	2 x :30 ea	2 x :40 ea
Lateral Shuffle	/	/
Lateral Shuffle & Touch Ground	/	/
Cross-over Step out/Shuffle Bk	/	/
Cross-over Step out/Touch Gmd. Bk	/	/
Fwd Run out/Back Pedal Bk	/	/
Back Pedal out/Fwd Decelerate Bk	/	/
Fwd Run out/2 Hand Touch	/	/
Fast Feet & Sprint out/Back Pedal Bk	/	/
Torso Rotation - Speed Reps (R/L)	/	/
FLEXIBILITY:		
Band Stretch Routine		
BOXING		
	2 x :30 ea	2 x :40 ea
Boxing Timed/Combo Routine		
BOX JUMP CIRCUIT		
	2 x :30 ea	2 x :40 ea
Box Jumping Circuits		

BAND WORKOUT -				
Dynamic	/	/	/	
Push-ups - 1 x 15	/	/	/	
Bodyweight Squat - 1 x 15	/	/	/	
BAND STRENGTH:				
	2 x 15 ea	2 x 18 ea	2 x 20 ea	2 x 22 ea
Lunges with Step (Fwd, Bk, Right, Left)	/	/	/	/
Lateral Squat & Touch Ground (Right & Left)	/	/	/	/
Standing Overhead Tricep Extension (2 hands together)	/	/	/	/
1-Arm Row/Pull & Back Step (Right & Left)	/	/	/	/
Torso Rotation - Twist & Step (Right & Left)	/	/	/	/
BAND SPEED & FOOTWORK:				
	2 x :50 ea	2 x :55 ea	2 x 1:00 ea	2 x 1:05 ea
Lateral Shuffle	/	/	/	/
Lateral Shuffle & Touch Ground	/	/	/	/
Cross-over Step out/Shuffle Bk	/	/	/	/
Cross-over Step out/Touch Gmd. Bk	/	/	/	/
Fwd Run out/Back Pedal Bk	/	/	/	/
Back Pedal out/Fwd Decelerate Bk	/	/	/	/
Fwd Run out/2 Hand Touch	/	/	/	/
Fast Feet & Sprint out/Back Pedal Bk	/	/	/	/
Torso Rotation - Speed Reps (R/L)	/	/	/	/
FLEXIBILITY:				
Band Stretch Routine				
BOXING				
	2 x :50 ea	2 x :55 ea	2 x 1:00 ea	2 x 1:05 ea
Boxing Timed/Combo Routine				
BOX JUMP CIRCUIT				
	2 x :50 ea	2 x :55 ea	2 x 1:00 ea	2 x 1:05 ea
Box Jumping Circuits				



TECHNIQUE, TRAINING AND THROWING

Multi jumps Routines

On the Grass – In the sand – on the high jump pits – on the track (last option)

Horizontal Jumps

Horizontal Jumps 1 (48 contacts):

2x6 double leg cone jumps for distance
Standing broad jumps x 6
Skipping with parallel knee drive for distance x10
Stiff leg bounds x10
Low level Bounding – Focus on hip drive x10
2x10m acceleration

Horizontal Jumps 3 (54 contacts):

2x6 Double leg jumps for distance
Stiff leg bounds x 10 contacts
Low level bounding – focus on hi drive x10
Alt. leg bounding for distance x 10 contact
4 Total steps run into bounding 2x6 contacts
2x10m acceleration

Horizontal Jumps 5 (88 contacts):

Rudiment Series
5x standing triple jump
2x8 Double leg jumps for distance w/o pause
Alt. Leg bounding 2x6 total contact
4 steps run into single leg bounds 2x5 total
Contact each leg

Horizontal Jumps 7 (102 contacts):

Horizontal jumps onto box 2x8
4 total step alt. leg bounds 2x8
2 x jump – jump – hurdle hop – jump –
accelerate x 5 pushes
LL – R – LL – R – LL x2, RR – L – RR – L – RR x2
3x5 Straight leg bounds into acceleration with 5 pushes

Horizontal Jumps 2 (50 contacts):

Rudiment series
Double leg jumps for distance x 10
Double leg horizontal jumps onto a box x10
Power skips for distance x10
Skip for height x10
Low level bounding – Focus on hip drive x10

Horizontal Jumps 4 (72 contacts):

2x6 Single leg bounds each leg
2x Stiff leg bounds x 6 contacts into 8 push-
Accelerations
2x Standing Bounds LL – RR – LL
2x Standing Bounds RR – LL – RR
4 step run into alt. leg bounds 3x4 contacts

Horizontal Jumps 6 (92 contacts):

2x12 Double leg jumps for distance w/o
pause
Alt. leg bounding 2x14 total contacts
Single leg bounding x10 each side
Power skips for distance 2x10

Horizontal Jumps 8 (32 contacts):

Skipping for distance x10
Double leg jumps for distance x6
Low level bounding x6
Alt leg bounding x6
Standing to 4 Bounds

Multi jumps Routines

On the Grass – In the sand – on the high jump pits – on the track (last option)

Vertical Jumps

Speed – Steady State Running – Vertical Pushing

Vertical Jumps A (50 contacts):

Rudiment x1
In place A Skip x 10
Stiff leg jumps x10
Box jumps @ 75% max height x10 w/ step down
In place Bounding x10
Pikes x10
2x50m tech runs (focus on vertical pushing)

Vertical Jumps C (70 contacts):

Tuck Jumps x10
Stiff leg jumps x10
Jumps for height w/ pause x10
In place bounding x10
Box jumps @ 75 max x10 w/ step down
Lateral jumps with pause x10 each side

In-Place Circuit Jumps B (120 contacts):

Double leg 180 degree jumps x10 each direction
Alt. Leg speed skaters x10
Alt leg step up jumps x10
Double leg feet together jump, spread feet in air
And back together for contact x10
Lunge jumps x10 each side
Wide line hops x20
Single leg jumps x10

Vertical Jumps B (52 contacts):

Rudiment x1
In place bounding x10 contacts
In place tuck jumps x10 each leg
Russian Splits
Hurdle hops w/ no pause 2x6
2x50m tech runs (focus on vertical pushing)

In-Place Circuit Jumps A (100 contacts):

Double leg hops (minimal knee flexion) x10
Double leg crosses x10
Line hops x20
In-Outs (jumping jacks w/o arms) x20
Double leg butt kick hops x10
Double leg jump up, touch ground, jump up
x10
Tuck jumps x10
Pikes: x10

In-Place Circuit Jumps C (110 contacts):

Double leg cone jumps lateral x20 total
Squat jumps for height x10
In place bounds x20 total
Speed skater x20 total
180 stiff legged jumps 1x10 each side
direction



TRAINING INTENTIONS / ATMOSPHERE

- What are you trying to accomplish for the season?
 - PB
 - PR
 - Conference
 - Nationals
 - Postseason
- Do you have a training plan for the year?
 - Number of practice
 - Number of competitions
 - Training Competitions
 - Number of competitions that are of high volume throwing
- What is the atmosphere around throwing sessions ?
 - Practice
 - Meets



LIMITATIONS

- Athletic Ability
- Range of motions
- Past Injuries
- Illness
- Heart/Drive
- Preparation
- Mental Compacity



TIME

- You need to have athletes that has spent some time throwing or has experience throwing the javelin.
- Need to spend more time becoming a student of the event/sport. That in includes coaches and athletes.
- Coaches and athlete needs to spend time on developing the technique and training.
- Never give up on the process.



Questions
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