Javelin Training:
Keeping it Simple
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Kite $\qquad$
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Training Set Up

- Season as a whole $\qquad$
- Early Season, Qualifying Meets, Peak
- Week by Week
- Training based on scheduled meets, Deciding when to compete.
- Weekly Set Up
- Day by day training: Lift days, Throw days, Javelin specific days, Recovery days
- Overtraining Signs
- Things to watch out for
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## Season as a Whole

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Big Picture

- Know your athlete
- Experience-state/national level thrower or beginner?
- Strong, Fast, Flexible, good spatial awareness? General Conditioning?
- Training Age

Know your schedule
Set up training based on your meet schedule. What meets are more important, when do we
want to throw far? want to throw far?

Season as a Whole

Season Overview

- Early Season
- General Conditioning: Javelin throwers need to know how to run. Then how to run sideways
- Developing an approach that works for your athlete
- Reps - Higher volume across the training spectrum

Qualifying Meets

- Event Specific Movements
- Runwaypowork
- Reps. Tapering down as you move closerto state meet
- Peak
- Explosive movements, lighter implement movements, reps minimal - work has been done.
- Do not over work-program a number of reps and stick to it

Reps - Lower volume, quality work

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Week by Week

- Practice
- Do not be afraid to fail
- What work for one athlete,
- Learn from Failure
- Base Practice on
competition schedul

Minimize multipe meets
Minimize muitiple meets in one week-if not
eliminate them

- Prioritize recovery after throwing days
- Met days count as throws

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Weekly Set Up

- Training Schedule Lifting/Conditioning
- Throwing

Javelin Specific

- Recovery Day
- Sun-Sat Example Mid, Late

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Overtraining Signs

Overtraining

- Easier to do o with javelin throwers
- Javelin is one of the warst threverts on the body. (Elbow, Back, knees) - Recovery is important
- Elbow problems

Throwing mechanic issue

- Too many high percentage throws or too much volume (Supplement)

Back lssues Crashing into block (Work in straight lines)

- Loss of Power

Listen to your athletes

- Athletes need to listen to their body: less is more (Know your athlete)
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Training Review

- QUESTIONS???

