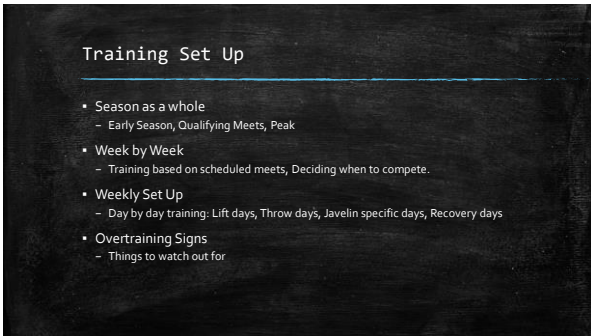




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3

Season as a Whole

- Season Overview
 - Early Season
 - General Conditioning: Javelin throwers need to know how to run. Then how to run sideways
 - Throwing mechanics
 - Developing an approach that works for your athlete
 - Reps – Higher volume across the training spectrum
 - Qualifying Meets
 - Event Specific Movements
 - Full Approach Mechanics
 - Runway/Work
 - Reps- Tapering down as you move closer to 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

4

Week by Week

- Practice
 - Do not be afraid to fail
 - What works for one athlete, may not work for another
 - Learn from Failure
 - Base Practice on competition schedule
 - Minimize multiple meets in one week – if not eliminate them
 - Prioritize recovery after throwing days
 - Meet days count as throws days




I've missed more than 9000 shots in my career. I've lost almost 500 games, 28 times. I've been trusted to take the game-winning shot and missed. I've fallen over and over and over again in my life. And that is why I succeed. ”

5

Weekly Set Up

- Training Schedule
 - Lifting/Conditioning
 - Throwing
 - Javelin Specific
 - Recovery Day
 - Sun-Sat Example
 - Early, Mid, Late

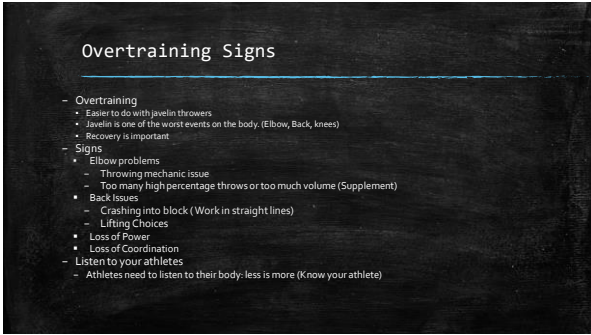


Easy is not an option. No days off. Never quit. Be fearless. Talent you have naturally. Skill is only developed by hours and hours of work.

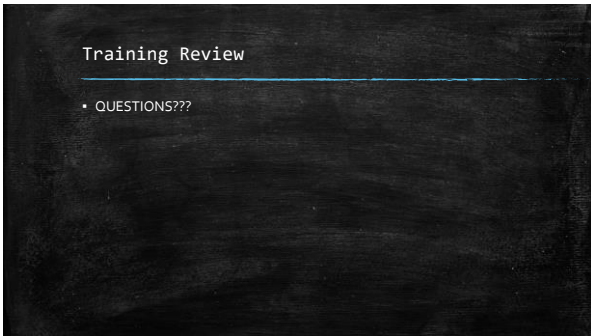
Usain Bolt

AZ QUOTES

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