

Javelin Throwing: Annual Plan

September	October	November	December	January	February	March	April	May	June	July	August
				Strength:		Technical Perfection					International Competition
			<ul style="list-style-type: none"> ✓ Continue throwing with less volume, continue sprints with less volume. ✓ Use Olympic Lifts now, heavy weights with progression. ✓ Sprints with resistance ✓ Specific strength work: pullovers, ab rotations, heavy med-ball throws, heavy javelins or balls etc. ✓ Weightlifting can be focus ✓ Continue to cultivate technical concerns from last year. 			<ul style="list-style-type: none"> ✓ Competition for College, and some competition for Elite ✓ Technical skill should develop over 8 weeks with less volume of training ✓ High intensity/quality of all work. ✓ Balance in work: technique, speed, and strength ✓ Use small cycles between meets if needed to keep strength ✓ Full run-up work, longer throws in training ✓ Avoid lactic acid build-up and results will climb 				<ul style="list-style-type: none"> ✓ Personalized approach to work ✓ Some strength and Olympic lifting sessions ✓ Basic weights to keep fitness as needed. ✓ Continuously working on technique and running skills ✓ Mental and emotional peak for biggest meet. ✓ Training intensity high with low volume... confidence in strength and technique. ✓ Test with explosive throws 	

Comments on 2008 season: Tom Pukstys, HPD Coordinator

1. Season: Great results and prospects for 2012 are now known. Athletes working very hard and sacrificing to be their best.
2. Olympic Trials: Performances well below capabilities of field. Science shows poor alignment of throws. Poor conditions (e.g. head wind) affected the field. Need to enhance skills to throw in poor conditions.
3. Future Training:
 - a. "Fly" the javelin – Needs focus. Cleaner efforts will lead to greater distance. Speed and power is there. Low throws, target throws, training with lighter javelins or "old rules" spear can help.
 - b. Arm motion - Additional development required. Need understanding of technique and exercises to get changes.
 - c. Run - Too much focus on plant leading to stopping at the throw or a collapse. Not enough on block extension and finishing throw into a follow through.
 - d. Conditions – Throwing when conditions are poor to be prepared for anything - rain, bad winds, poor officiating etc.

General Javelin Ideas:

1. Strength - Set more specific strength goals.
2. Speed - Use speed as a major goal in throwing and in sprinting.
3. Throwing - Use longer throws with light implements as a test for ability. Baseballs and light weighted balls for major distance. Learn to channel aggressive throwing effort into the javelin... weights simply can't do this well enough.