

# The Javelin Throw

By: Carl McCargo



# My collegiate career

- Walk-on at The University of Central Missouri
- 5x National Qualifier
- 2011 3rd Place MIAA Decathlon
- 2012 MIAA Decathlon Runner Up
- 2013 MIAA Javelin Runner-Up
- Triple Crown Champion 2011-2012 season
- 2x All Region Decathlete
- 2x All Region Heptathlon
- All Region Javelin Thrower

# My coaching experience

- ▶ Student volunteer coach at Central Missouri
  - ▶ Coached 2 All-American javelin throwers
  - ▶ Trained with 5 National Champions
- Assistant Track and Field Coach at Eastern New Mexico University
- Jumps, Sprints, Multi Events



# The Warm-up

- What is it we are trying to do?
  - Drills pertain to what movements?
- Enhance Performance
  - Creates more blood flow and oxygen
  - Increased muscle temperature
- Prevent injury



# Injury Prevention

- ▶ Properly preparing muscles will decrease chances of injury
- ▶ Improve Flexibility
- ▶ Prevent muscle soreness



# Warm-up Example

- ▶ 3 min jog
- ▶ 2x50m Strides (Focus on good form:\*Tall Knees, Toe to shin, Push)
- ▶ Walking Lunges-20m (19 walking strides; mark with a shoe)
- ▶ Spider Man Lunges-20m
- ▶ Quad Stretch 20m
- ▶ Good-mornings 20m
- ▶ 50m Stride (Repeat Above)
- ▶ 5 body squats
- ▶ 50m Stride
- ▶ A Skips 20m

- B Skips 30m
- Ankle Flips
- 50m stride
- Cariocas 20m (\*Both Sides) (High Knee Drive big push)
- Straight leg into sprint
- Upper Body Stretching routine

Cool-down:

- Jog 5min
- Stretch

# Pre Season Phase

- General Fitness
- Strength Training
- Agility/ Increase athleticism
- Technique





# 1. General Fitness

- ▶ Longer Slower intervals
  - ▶ Focus on a Big base
  - ▶ Aid in Strength Development
  - ▶ Don't want to over run throwers  
"Quality over Quantity"
  - ▶ Best to keep it under 400m
  - ▶ Keep it fun! Ex. Push up starts/  
Relays/ Rewards



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# Weekly Workouts

Monday: 3 sets of 3x60m hills 3-5 minutes

Tuesday: 5-8x200 1min rest \*main focus is rhythm

Wednesday: Recovery Shakeout

Thursday: 6x80m sprints, 2minutes rest

Friday: Road Run 10-20 Minutes



## 2. Strength Conditioning

- ▶ Focus on low weight, high repetitions
- ▶ Try not to exceed more than a total of 15 reps in a session for Olympic lifts.
  - ▶ Ex. 3 sets of 5
- ▶ Recommended Lifts: squats, snatch, power cleans, lateral pull downs, pullovers (Bent, Straight Arm), trunk twists (barbell on shoulders), jerks from rack, speed jerks.

# Strength Continued

- Supplementary Lifts:
  - Bench press
  - Inclined press
  - Dead lift
  - Triceps extension
  - Rowing (standing and bent)
  - Shoulder press (military)
  - Curls (cheat curls)



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# Core

- ▶ Important in each phase of training
- ▶ Med Balls
- ▶ Specific Exercises: planks, superman, v-ups, crunches, twists
- ▶ Stability Ball: planks, jack knives, wall throws

# 3. Agility/ Athletic Awareness

- ▶ Sprint Drills- fire Drills, single leg cycles, falling starts, push up starts

- ▶ Mini Hurdle Drills

<https://www.youtube.com/watch?v=njkpTaHP-50>

- ▶ Hurdle Flexibility

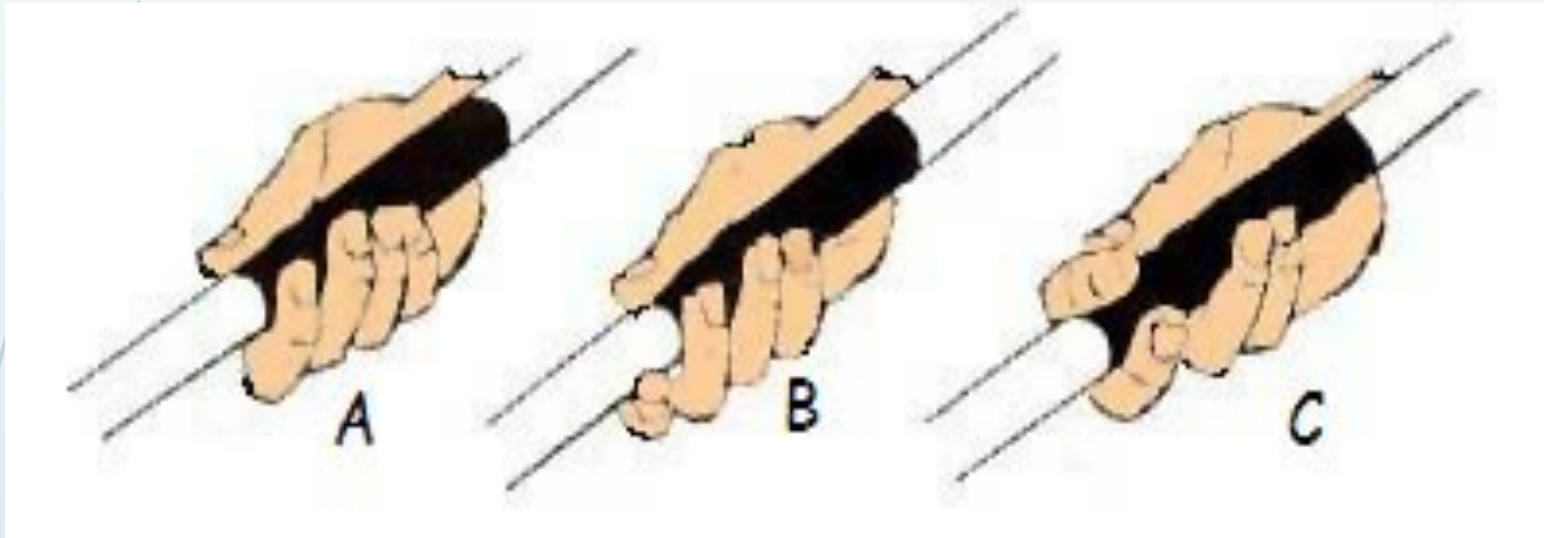
[https://www.youtube.com/watch?v=t32d\\_A4V6Fk](https://www.youtube.com/watch?v=t32d_A4V6Fk)

[https://www.youtube.com/watch?v=Mf285\\_w2DpQ](https://www.youtube.com/watch?v=Mf285_w2DpQ)

# Technique (Hand Grip)

Regular Grip

Fork Grip





# Technique (1-2 cues)

- ▶ Pecking (focusing on hand grip)
- ▶ Focus on Cross Overs
- ▶ Running with javelin
- ▶ Box drills
- ▶ Hurdle walkovers (javelin in hand)
- ▶ Stand throws (med balls)
- ▶ Single arm med ball drills
  - ▶ Keep ball under 4 lbs.
- ▶ Double arm med ball
- ▶ Foot work



## Mid Season Phase

- ▶ Conditioning - start progression into circuits and resistance training
  - ▶ Resistance training
  - ▶ Weight room
  - ▶ Technique





# 1. Resistance Training

- ▶ Starts 6-8 weeks in
- ▶ “Increasing Stride Length and Stride frequency”
  - ▶ Just like a runner
- ▶ Big believer in hills and sleds
  - ▶ Hill workout: 3sets of 4 x 30m hills, 3-5 minutes rest
  - ▶ Sled Workout: 30m sled pull+60m sprint + optional plyometric exercise + Rest 3-5 minutes



## 2. Weight Room

- Transition from base to strength
- Sets of 5-8
- Decrease in Repetitions
- Increase in weight



## 3. Technique (Long Arm)

- ▶ Short approach throws
- ▶ Med ball drills
  - ▶ Finger on a string
- ▶ Javee Work/ Turbo Jav
  - ▶ if weather is an issue
- ▶ Progressing past 5 step approach
- ▶ Full approach run throughs
- ▶ Side ways running upstairs
- ▶ 3 touch rotators with weighted ball
- ▶ Foot work
- ▶ Start transitioning into full run throughs

# Competition Phase

- Conditioning
- Weight room
- Technique





# 1. Conditioning

- ▶ Anaerobic threshold (all out sprints)
  - ▶ 30-80m
- ▶ Under-control / Quality
- ▶ Time to allow the body to start feeling good!

## 2. Weight Room

- High Weight
- Low Reps
- 3 sets of 2 or 3 reps
- Focus on Being Explosive





## 3. Technical Work

- ▶ Sprint drills
  - ▶ Start to decrease
- ▶ Decrease amount of throwing during week
- ▶ Full approaches early on
- ▶ Emphasis on fresh arm/ body



# Quick Overview

- ▶ The Warm-up
  - ▶ Pre-Season Phase
  - ▶ Mid Season Phase
  - ▶ Competition Phase
  - ▶ Drills
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