

# Physical training - javelin



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# Progression of physical ability

## Physical requirements in javelin



### To increase distance

- More energy
  - Faster runup
  - Stronger

### To stay healthy

- Body handles the forces
  - Good stabilizing strength
  - Good balance in the body



### Common tests

- Jumping
- Sprints
- Strength

### Test of skills/quality of movements

- Basic training
- Drills

Chosen wisely





# Physical ability ↔ Technical level

Improve physical ability OR technique?

- Technique are impossible without physical ability

BUT, what kind of physical factors are important....

- Running and jumping skills -> no limit
- Strength is good to a certain level -> can be dangerous

For Andreas this means that we do not have to take chances to chase better test results.

**To stay healthy they need to match**

Too many create more power than they can handle



# How we train

I divide the training year into different parts:

Period	Dates	Content
General conditioning	1.Nov – 2.Jan	Low intensity, many rep. and aerobic work. Shot throwing
Specific no 1	3.Jan – 27.Feb	Start of specific training. Low intensity. Javelin throwing
Specific no 2	28.Feb – 10.April	”Max” strength. Fewer reps. The hardest time of year
Specific no 3	11.April – 22.May	Speed. Get ready for competitions.
Competitions	23.May – 15.Sept	Train when we can according to competition plan.

# How we train

A typical training week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Throwing	Jumps Med.ball	Sprints	Throwing	Jumps Med.ball	Running Throwing Strength ub	REST
Basic Training	Strength Upperb.	Basic training	Strength legs	Basic training		

## Key factors:

- Throwing is the most important and are three times a week
- Basic training (stabilizing, acrobatics, balance etc)
- He runs or jumps every day (and do drills)
- I believe this kind of training makes him the great athlete he is !!

# Progression of physical ability

Event	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Javelin	77,48	83,87	83,43	85,72	86,50	89,60	91,59	89,51	90,57	91,28	90,37
Bench	120	130	140	150	150	170	180	187,5	180	<b>190</b>	<b>195</b>
Back jerk	115	130	135		160	170	175	<b>175</b>	170	160	<b>180</b>
Clean	120		130							<b>140</b>	<b>150</b>
Snatch	100	105	120	125	<b>127,5</b>	3x115					
Deep squat			160	<b>180</b>							
Pullover	63	71	75	75	3x75	<b>2x80</b>					
Standing LJ	3,05	3,07	3,26	3,34	3,27			<b>3,43</b>			
Standing TJ			9,38	9,65	<b>9,65</b>	9,57	9,50				
Standing 5-step							<b>17,40</b>	16,80	17,00		
5-step w/runup					20,20	<b>21,45</b>	21,30	21,00	21,00	20,20	
Bosco							59,9	59,9	<b>62,4</b>	57,1	55,9
Box jump						150	159	162,5	<b>165</b>	160	
40m sprint	4,98		4,83	4,80	4,77 *	4,87	4,81	4,79	<b>4,74</b>	4,81	4,78
20m flying			2,16	2,16	2,10 *	2,18	2,11	2,16	<b>2,10</b>	2,16	2,12
Backward 4kg			23,50		23,75	24,25	25,15	25,27	<b>25,40</b>	24,90	<b>25,80</b>
Forward 4kg						21,70			<b>22,15</b>	21,95	<b>22,15</b>
Overhead 4kg		20,00	19,45						<b>22,75</b>		
Standing 2kg	36,00	37,00	37,60	40,20							

# When we started in May 1999

## What I saw:

- A special athlete
  - Nice runup
  - Flexible shoulder
- Lack of training program
  - Training was "fun"
    - Skateboard, football etc

## My thoughts/goals

- To create the most athletic javelin thrower ever!!

## To do that, I needed

- To increase the training amount
  - 33% each year for 3 years
- Find a balance between physical qualities
- Keep him free of injuries
- And of course, technical work





# Our basic training

- Strengthening the core (pelvis and shoulder)
- Control of musculare activity – coordination
- Exercises that makes him a better javelin thrower
- First static, then dynamic







# SHOW Video