

Andreas Thorkildsen – so far



Åsmund Martinsen
Kuortane 11.10.09

Short about us

Andreas Thorkildsen

- Born 01.04.82 in Kristiansand
- Cohabitant, one dog
- Started throwing at age 11
 - Father - javelin thrower
 - Mother – Hurdler

Åsmund Martinsen

- Married, 2 sons and 1 stepson
- Former javelin thrower
- Worked with Andreas since 1999
- Full-time coach from Jan 2009



Åsmund Martinsen



Progression in javelin

	Result	Placing in Ch.ship/records
• Age 11	38,28m (400g)	
• Age 12	44,20m (600g)	
• Age 13	51,88m (600g)	
• Age 14	62,98m (600g)	
• Age 15	63,10m (600g)	Back problems
• Age 16	79,50m (600g)	
• Age 17	72,11m (800g)	
• Age 18	77,48m	Silver WJC Santiago 2000
• Age 19	83,87m	WJR, Silver EJC, 28.th in WC
• Age 20	83,43m	Q EC (17)
• Age 21	85,72m	Finale WC Paris 2003 (11)
• Age 22	86,50m	Gold OG Athens 2004
• Age 23	89,60m	Silver WC Helsinki 2005
• Age 24	91,59m	Gold EC Gothenburg 2006
• Age 25	89,51m	Silver WC Osaka 2007
• Age 26	90,57m	Gold OG Beijing 2008
• Age 27	91,28m	Gold WC Berlin 2009

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



After 2001

Andreas moved to Oslo

- My presence increased a lot
- His training amount increased...



I got more control

And I could realize all my thoughts and plans

Did they all make Andreas a better javelin thrower?



NO

Åsmund Martinsen



Technical development



Andreas at age 17

Technical development



WJR 2001 83,87m

Åsmund Martinsen

Technical development



Riga 2003

Åsmund Martinsen

Technical development



Beijing 2008

Progression of technical ability

At younger age

- Upper body in front
- No hip involved
- "Short" pull in wrong direction

My idea of throwing was inspired by Zelezny , Backley and the Finns



I wanted big changes



Back to basic

- What made Andreas good to begin with?
 - Good speed
 - Good shoulder



We started to optimize his own technical strenghts



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

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