



Javelin Training

Presented by Mike Hieb

APPROACH TO TRAINING

PROGRAMMING ACROSS THE
SEASON

GO AT IT FROM ALL ANGLES



AREAS OF TRAINING

- Warm up / Drills
- Running
- Jumping / Plyos
- Technique / Hurdle / Fence Drill
- Throwing
- Strength and Conditioning
- Power Transfer / Med Balls
- Mobility / Flexibility
- Recovery

Weight Training

Accumulation phase

- Higher volume, lower intensity (50%-75% 1RM).
Emphasis on building fitness.

Intensification phase

- Lower volume, higher intensity (roughly 75–90% 1RM).
Focused on increasing force output, maximal strength.

Transmutation phase

- Training becomes more specific to the sport or target qualities, with high-intensity work that looks more like competition demands.

Realization phase (or peaking / taper)

- Very low volume, very high intensity or high-speed work to peak performance and allow fatigue to dissipate before competition.

PROGRAM PLANNING

	General Conditioning/Power
Warm Up / Drills (Everyday)	<i>Track drills (A's B's), Walking hurdles, Mobility</i>
Running (3 Days a Week)	<i>Jogging Build Ups, Hills</i>
Technique (2 Days a Week)	<i>Runway drills, No Block (Tempo), Walking run-ups.</i>
Throwing (2 Days a Week)	<i>Weighted Balls, Arrows</i>
Strength	Weight Room
Power Transf. (2 Days a Week)	<i>Med Balls/Plyos</i>
Mobility (2 Days a Week)	<i>Bands, Dead Hang, Back Arches</i>

Warm Up Drills

- General Warm Up – (A's, B's, C's/Trunk twists/Side to Sides/High Knees/Straight Leg Bounds Dynamic Warmup. Focus on posture, knee drive and foot strike)
- Hurdle Drills – Step Overs/Sidestep Overs/Straight Leg Swings/Scissor Kicks/2 over 1 Back
- Javelin Runs – Forward (Jav Position/High Knees), Pull Back (Javelin on temple, Tail high, Closed with the upper body, lead with hip not shoulder)
- Full Approaches – Forward to draw back (Tempo, Javelin alignment)
- Gallups – Rhythm/Tempo

Med Ball Drills

- Small Ball Clocks – Noon to 2:30
- Small Ball Stretches – Ball on Wall, Back on Wall (Focus on Rolling shoulders/Arm Pit Open)
- 3 Bands Exercise – Overhead, Chin level & Curl grip opposite pull from head to hip)
- Big Med Ball – Over/Under (Back Flexibility)
- Side to Side Slams – Full extension, turn opposite side foot over
- Double Arm Shoulder Extensions – (Don't do Tricep extensions)
- Rockets – Ball Infront reaching from knee to over head for maximum height

Plyometric Drills

- Quick Feet – Forward/Sideways
- Double Foot Jumps – Quick
- Single Leg Step Ups – Drive Knee upward
- Double/Single Leg Hurdle Hops
- Bounds
- Depth Jumps



Mobility

- Dead Hangs – 15-30 Seconds
- Javelin Stretch
- Back Arches
- Plate Swings
- Plate Extensions
- Handstands
- Reverse Ball Catch





QUESTIONS??

