

# Javelin Throwing Program

Phase	Step	Criteria for Progression	
<b>Phase 1</b>  Javelin throwing (450g-600g) (approx. 6 mos. s/p)  <i>Progress through each step as comfort allows. Each step may take 2-3 weeks to complete (i.e. perform step 1 at 3-4 sessions before progressing to step 2)</i>	<b>Step 1</b>  Interval Throwing (warm up/easy throws at 30-40 ft into ground)	15 throws at 50% effort – (standing)	
	<b>Step 2</b>  Interval Throwing	15 throws at 50% effort – (three step)	
	<b>Step 3</b>  Interval Throwing	30 throws at 50% effort – (three step)	
	<b>Step 4</b>  Interval Throwing	40 throws at 50% effort - (three step)	
	<b>Step 5</b>  Interval Throwing	30 throws at 75% effort – (three step)	
	<b>Step 6</b>  Interval Throwing – Slowly incorporate 600-800g javelin	5-20 throws at 75% (3 step)  15-20 throws at 50% (short run-up...i.e. easy jog into withdrawn approach ~ 5 steps)	
	<b>Step 7</b>  Interval Throwing	15-20 throws at 75% (3 step)  20-30 throws at 50% (short run-up)	
	<b>Phase 2</b>  Javelin throwing (800g) (8 mos. s/p)  Focus on Effort/Quality  <i>Progress through each step as comfort allows. Each step may take 2-3 weeks to complete (i.e. perform step 1 at 3-4 sessions before progressing to step 2). Each session begins with a warm up throwing session of easy picking and standing/walking throws before progressing to movement throws (approx. 30 total)</i>	<b>Step 8</b>	15 throws at 75% (3 step)  15 throws at 50% (short run-up)
		<b>Step 9</b>	15 throws at 75% (3 step)  20-30 throws at 50% (short run-up)

	<b>Step 10</b>	<b>15 throws at 75% (short run-up)</b>  <b>20-30 throws at 50% (full run-up)</b>
<b>Phase 3</b>  <b>Javelin Throwing (10-11 mos. s/p)</b>  <b>Focus on Distance/Quality</b>  <i>Progress through each step as comfort allows. Each step may take 2-3 weeks to complete (i.e. perform step 1 at 3-4 sessions before progressing to step 2). Each session begins with a warm up throwing session of easy picking and standing/walking throws before progressing to movement throws (approx. 30 total)</i>	<b>Step 11</b>	<b>10 throws at 75% warm up (short run-up)</b>  <b>10 throws at 90% (short run-up)</b>  <b>10-15 throws at 75% (running)</b>
	<b>Step 12</b>	<b>5 throws at 75% (full run-up) –pre competition work out</b>  <b>5 throws at 90% (full run-up) – pre competition work out</b>
	<b>Step 13</b>	<b>5 throws at 75% (full run-up) – pre competition work out</b>  <b>5 throws at 100% (full run-up) – pre competition work out</b>
	<b>Step 14</b>	<b>Simulated Meet: Perform pre meet warm up and execute 6 throws at 100% (full run-up)</b>

**Throw ONLY 3-4 times a week in phase 1 and 2**  
**Throw only 2 times a week in phase 3**  
**Be sure to have enough recovery time after throwing**

Fletcher, M. (n.d.). Throwing Program for the Javelin Throwing Athlete.