

EVENT: Javelin Group
Phase: General Prep

- Monday:
1. Warm-up: General
 2. Hurdle Mobility: Dynamic x6h
 3. Endurance Development: 30sec Run
 - 30sec run with 50sec rest x 8
 4. Quality Work: Med ball Work 2x10
 - Lying Overhead forwards
 - Overhead Backwards
 - Chest pass shuffles
 - Explodes
 5. Cooldown: 3min job
 6. Stretch
-

- Tuesday
1. Warm-up: General
 2. Falling Start Build Ups: x4
 3. General Drills:
 - Tire/Sledgehammer Work: 2x8
 - Overhead forwards
 - Step back and turnover hits
 - Underhand hits with turn over
 - Under & Over combo
 - Runway Work: 2x30m
 - Jav. Runs
 - Crossovers
 - Carioca into impulse
 - Withdrawals Repeats
 - Left Side Hesitations
 - Right Side Hesitations
 4. Throws: Jav. Ball Work x10each
 - Arm swings F & B (5each)
 - Shuffle into impulse step
 - 3 Step with run in
 - 5 Step with run in
 - Post Jav. Ball Work: 50% x6
 - One stride Throws
 5. Quality Work: 4x6 contacts each leg
 - Alt. Bounding
 6. Core Work
 - Any 200 or See Handout
 7. Cooldown/Stretch: 3min jog
-

Wednesday

1. Swimming
2. Core Work
7. Cooldown/Stretch: 3min Jog

EVENT: Javelin Group

Phase: General Prep

- Thursday
1. Warm-up: General
 2. Falling Start Build Ups: x4
 3. General Drills:
 - Finish Work: Starting block/box 2x10each
 - Dominate side
 - Block Side
 - Right foot on
 - Left foot on
 - Power Runs: Sled work 3x30m each
 - Sled Runs
 - Run/Powerwalk/Crossovers
 - Crossovers
 4. Partner Runs: 3x30meter
 - Resistance Runs
 - Assisted Runs
 5. Quality Work: Jav. Throwing 60% x6
 - One Stride Throws w/ jav.
 6. Core Work:
 - Any 200 or See Handout
 7. Cooldown/Stretch: 3min jog
-

- Friday
1. Warm-up: General
 2. Hurdle Mobility: Static x6h
 3. General Drills:
 - Agility ladder: x2 each
 - Hop each hole
 - Forward Run through 2 feet each hole
 - Lateral run 2 feet each whole
 - Lateral in & out's
 - Icky Shuffle
 - Finish Work: W/ Jav. Ball x10
 - 2 n 1
 - 2 n 1 w/ in place run in
 - 2 n 1 with 3 steps run in
 4. Rhythm Work: Jav. Drills x4eac
 - High Knee
 - Butt Kicks
 - Straight leg crossover
 - Impulse
 - Quick Forward Kicks
 - Quick kicks sideways
 - Hesitation on R
 - x2 turn
 - 2 n 1 or Finish
 5. Quality Work:
 - Underhand Med ball toss
 6. Cooldown/Stretch: 3min jog
-

Saturday

1. Warm-up: General
2. Jump Rope Circuit

3. Cooldown/Stretch
 4. Rehab if need
-

Sunday

Active Rest!!!

EVENT: Javelin Group
Phase: General Prep

- Monday:
- 1. Warm-up: General
 - 2. Hurdle Mobility: Dynamic x6h
 - 3. Mini Hurdle Build ups: 3x10hurdles
 - Short to long Strides
 - 4. Endurance Development:
 - 30sec run with 40sec rest x 10
 - Must do active exercise b/t
 - 5. Quality Work: Med ball Work 2x10
 - Chest Shuffle Passes (each way)
 - Tire Hits (Over)
 - 6. Cooldown: 3min jog
-

- Tuesday
- 1. Warm-up: General
 - 2. Falling Start Build Ups: x4
 - 3. General Drills:
 - Med Ball Warm Up: x10tap
 - Double Arm Half-Moons
 - Single Arm Half Moons R & L
 - Chest Pass Jumping Jacks
 - 2 Hop chest Passes (x5)
 - Partner PP Ball Drop into wall
 - Runway Work: 2x30m
 - Straight leg bounds (stick above head)
 - High Knee Run
 - Reg. Runs
 - Crossovers
 - Withdrawal repeats with stick
 - Finish 2n1 (x4)
 - 4. Throws: Jav. Ball Work x10each
 - Arm swings F & B (5each)
 - Shuffle into impulse step
 - 3 Step with run in
 - 5 Step with run in
 - Post Jav. Ball Work: 50% x6
 - 5 Step stride Throws
 - 5. Quality Work: 3x6 each side
 - Bar Russian Twist w/ a quick split leg step and back
 - 6. Core Work
 - Any 200 or See Handout
 - 7. Cooldown/Stretch: 3min jog
-

Wednesday

Mandatory Swimming (Go together)

- Thursday
1. Warm-up: General
 2. Falling Start Build Ups: x4
 3. General Drills:
 - Finish Work: Starting block/box 2x10each
 - Dominate side
 - Block Side
 - Right foot on
 - Left foot on
 - Power Runs: Sled work 3x30m each
 - Sled Runs
 - Run/Powerwalk/Crossovers (90m)
 - Crossovers
 4. Partner Runs: 3x30meter
 - Resistance Runs
 - Assisted Runs
 5. Quality Work: Jav. Throwing 60% x6
 - 5 Step stride Throws
 6. Core Work:
 - Any 200 or See Handout
 7. Cooldown/Stretch: 3min jog
-

- Friday
1. Warm-up: General
 2. Post Warm up Drills:
 - Cone Drills: x2each way (6 comes)
 - 3 Cones quick Step
 - M Drill
 - Small Box Big Box
 - W Drill
 - Agility ladder: x2 each
 - Hop each hole
 - Forward Run through 2 feet each hole
 - Lateral run 2 feet each whole
 - Lateral in & out's
 3. Jav. Circuit Training Drills: 2x10each
 - Box Jumps
 - Side Slams
 - Walking Lunge Pullovers
 - Squat wall tosses
 - Explodes
 - Quick feet box touches
 - Bar Swing Throughs
 - Rolling V-Ups
 - Walking lungs w. bar Swings
 4. Quality Work: 2x8 Hurdles
 - Hurdle Hops
 5. Cooldown/Stretch
-

Saturday **OFF!!!**

Sunday **Active Rest!!!**

EVENT: Javelin Group
Phase: Specific Prep

- Monday:
- 1. Warm-up: General
 - 2. Build Ups: x4
 - 3. Endurance Development:
 - Stadium Runs x12
 - Quick feet each stair
 - 30meter A Skip Hold x6
 - 4. Quality Work: 2x8each
 - Sledgehammer Tire Hits
 - 5. Abs:
 - Any 200/See Handout
 - 6. Cooldown/Stretch: 3min. Jog
-

- Tuesday
- 1. Warm-up: General
 - 2. Hurdle Mobility: 4 square x2
 - 3. Med ball Warm up: x10 touches each side
 - Med ball Warm up: x10 touches each side
 - Double Arm
 - Single Arm
 - Chest Pass Jumping Jacks
 - Alt. Side Toss jumps
 - Target Practice: x10 Need Cones
 - Get as close to the cone as you can
 - 4. Javelin Throws: 15-20 throws @50 - 70%
(Focus: Arm Work)
 - Keep the throwing arm up and back
 - Throwing through the point
 - Block arm movement
 - Throwing over the top
 - 5. Quality Work: x6 (40%)
 - One Stride Throws
 - 6. Abs:
 - Any 200/See Handout
 - 7. Cooldown/Stretch
-

- Wednesday
- 1. Warm-up: General
 - 2. Hurdle Mobility: Dynamic x6h
 - 3. Rhythm Work
 - Right Side Turnovers
 - Rhythm Run 1
 - Rhythm Run 2
 - L leg Hesitations
 - R Leg Hesitations
 - 4. Quality Work: 2x6
 - Board Jumps
 - 5. Abs:
 - Any 200/See Handout
 - 6. Cooldown/Stretch: 3min. Jog

EVENT: Javelin Group
Phase: Specific Prep

Thursday	<ol style="list-style-type: none">1. Warm-up: General2. Mini Hurdle Build ups: x43. Circuit Training<ul style="list-style-type: none">▪ See Handout	<ol style="list-style-type: none">5. Quality Work: 2x6<ul style="list-style-type: none">▪ Seated Box jumps6. Abs:<ul style="list-style-type: none">▪ Any 200/See Handout7. Cooldown/Stretch: 3min. Jog
Friday	<ol style="list-style-type: none">1. Warm-up: General2. Javelin Work:<ul style="list-style-type: none">▪ Stride Check▪ Finish Foot work	<ol style="list-style-type: none">3. Quality Work: x10<ul style="list-style-type: none">▪ Med Ball OH Forwards4. Abs:<ul style="list-style-type: none">▪ Any 200/See Handout5. Cooldown/Stretch: 3min. Jog
Saturday	<ol style="list-style-type: none">1. Warm-up: General2. Build Ups: x4	<ol style="list-style-type: none">3. Throwing: (focus on right side)<ul style="list-style-type: none">▪ 15 to 20 throws4. Quality Work: x6<ul style="list-style-type: none">▪ Block Starts
Sunday	Active Rest!!!	

EVENT: Javelin Group
Phase: Specific Prep

- Monday:
1. Warm-up: General
 2. Hurdle Mobility: Dynamic x6h
 3. Endurance Development:
 - 40sec run with 90sec rest x 8
 4. Quality Work: Med ball Work 2x10
 - Lying Overhead forwards
 - Overhead Backwards
 - Chest pass shuffles
 - Explodes
 5. Cooldown: 3min jog
 6. Stretch
-

- Tuesday:
1. Warm-up: General
 2. Band Work: x4
 - Band Work x6each
 - Stretch
 - Roll Under
 - 3 Step
 3. General Drills:
 - Med Ball Warm Up: x10taps
 - Double Arm Half-Moons
 - Single Arm Half Moons R & L
 - Chest Pass Jumping Jacks
 - Snap tosses
 4. Jav. Throws: 15 – 20 @ (60% - 75%)
 - Impulse hold and Throw
 - Shuffle into impulse step
 - 5 step with run in
 5. Quality Work: x6
 - Explodes
 6. Abs
 - Any 200/See Handout
 7. Cooldown/Stretch
-

- Wednesday
1. Warm-up: General
 2. Hurdle Mobility: Static x6h
 - 4 Square
 3. General Drills:
 - Tire Hits x6each
 - Over's
 - Under
 - Under & Over
 - Band Work: x6each
 - 3 Step with run in (long band)
 4. Javelin Work: 2x6each
 - Bar Swing Throughs
 - Bar Russian Twist
 - Bar Lung Pullover
 5. Quality Work: x6
 - Block Starts
 6. Cooldown/Stretch: 3min jog

- 5 Step with run in
 - Rapid Overs
 - Reverse split leg Pulls
 - Double face pulls
-

Thursday

1. Warm-up: General	4. Circuit Work: 2x10
2. Build Ups: x4	■ See Handout
3. General Javelin Drills: <ul style="list-style-type: none">■ Plate/Jav. Work: x10each<ul style="list-style-type: none">○ Roll Under (1/2p plate)○ 3 In place crossovers into impulse○ Jav. roll under (on wall)	

Friday

1. Warm-up: General	3. Yoga: at least 2x30min session
2. Plyo Work: x8each <ul style="list-style-type: none">■ See handout (coach)	■ YouTube

Saturday

1. Warm-up: General	3. Throwing: (focus on right side)
2. Build Ups: x4	■ 15 to 20 throws
	4. Cooldown/Stretch: 3min. jog

Sunday **Active Rest!!!**