

# JAVELIN – MODERATE DAY

## Warm Up:

- **General: 15 meters – 10 reps**
  - Frankensteins – Wide Arm Pushups
  - A-Skips – Sumo Squats
  - Carioca (both sides) – Standing Long Jump
- **Specific: Choose 6 exercises from JAV WU / CD INVENTORY**
- **Do 10 reps of each exercise (both sides if it is a unilateral exercise)**
  - Picking – ½ the field – down and back

## Technical Work:

- 4 x Standing Throws – walk to retrieve javelin and walk back recovery
  - 3-4-minute rest / water
- 4 x 3-Step Throws (80%) – walk to retrieve javelin and walk back recovery
  - 3-4-minute rest / water
- 4 x 5-Step Throws (80%) - walk to retrieve javelin and walk back recovery
  - 3-4-minute rest / water
- 4 x Walk-In Throws (80%) - walk to retrieve javelin and walk back recovery
  - 2-3-minute rest / water
- 5-7 x Range Throws (88-92%) – walk to retrieve javelin and walk back recovery
  - 2-3-minute rest / water
- 2 x Full Throws (all out, putting it all together) – 6-7-minute recovery btw each

## Conditioning:

- 3 x (6 x 20m) – walk back rest btw each rep, 3-4-minute rest between sets

## Cool Down:

- Full Rotator Cuff Mobility/Flexibility Circuit – 30-seconds for each exercise, each side