



## INTERVAL THROWING PROGRAM FOR JAVELIN THROWERS

### Baseball Throws

Step 1: A) Warm-up Throwing  
B) 45 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 45 ft (25 throws)

Step 2: A) Warm-up Throwing  
B) 45 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 45 ft (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 45 ft (25 throws)

Step 3: A) Warm-up Throwing  
B) 60 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 60 ft (25 throws)

Step 4: A) Warm-up Throwing  
B) 60 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 60 ft (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 60 ft (25 throws)

Step 5: A) Warm-up Throwing  
B) 90 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 90 ft (25 throws)

Step 6: A) Warm-up Throwing  
B) 90 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 90 ft (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 90 ft (25 throws)

### 400 Gram Safety Javelin Throws

Step 7: A) Warm-up Throwing  
B) 45 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 45 ft (25 throws)

Step 8: A) Warm-up Throwing  
B) 45 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 45 ft (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 45 ft (25 throws)

Step 9: A) Warm-up Throwing  
B) 60 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 60 ft (25 throws)

Step 10: A) Warm-up Throwing  
B) 60 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 60 ft (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 60 ft (25 throws)

Step 11: A) Warm-up Throwing  
B) 90 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 90 ft (25 throws)

Step 12: A) Warm-up Throwing  
B) 90 ft (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 90 ft (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 90 ft (25 throws)

### 400 Gram Safety Javelin Throws

Step 13: A) Warm-up Throwing  
B) 50% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 50% (25 throws)

Step 14: A) Warm-up Throwing  
B) 50% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 50% (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 50% (25 throws)

Step 15: A) Warm-up Throwing  
B) 75% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 75% (25 throws)

Step 16: A) Warm-up Throwing  
B) 75% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 75% (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 75% (25 throws)

Step 17: A) Warm-up Throwing  
B) 100% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 100% (25 throws)

Step 18: A) Warm-up Throwing  
B) 100% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 100% (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 100% (25 throws)

Step 20: A) Warm-up Throwing  
B) 50% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 50% (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 50% (25 throws)

Step 21: A) Warm-up Throwing  
B) 75% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 75% (25 throws)

Step 22: A) Warm-up Throwing  
B) 75% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 75% (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 75% (25 throws)

Step 23: A) Warm-up Throwing  
B) 100% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 100% (25 throws)

Step 24: A) Warm-up Throwing  
B) 100% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 100% (25 throws)  
F) Rest 10 min.  
G) Warm-up Throwing  
H) 100% (25 throws)

### **600 Gram Javelin Throws**

Step 19: A) Warm-up Throwing  
B) 50% (25 throws)  
C) Rest 10 min.  
D) Warm-up Throwing  
E) 50% (25 throws)