

PLYOMETRIC TRAINING FOR JAVELIN THROWERS

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The Importance of Plyometric Sessions

However if you are a javelin thrower aiming for a more explosive launch, then Drop jumping is a relatively high impact form of plyometric training and would.

What Is The Best Workout To Improve Your Throws?

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Plyometrics Roundtable

Written by Chad Wesley Smith. Throwers (shot put, discus, hammer, javelin) are undoubtedly some of the most powerful athletes on the planet.

What Is The Best Workout To Improve Your Throws?

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Importance of plyometric sessions Plyometrics. He graduated from Peter Symonds College in the UK with A Levels in law, business and sports science, and is a fully qualified personal trainer, sports massage therapist and corrective exercise specialist with accreditations from Premier Global International. During secondary school I've engaged in throwing events shot-put, javelin and discus.

The golden rule of any conditioning program is specificity. Obviously with your greater speed and strength you will be able to chuck whatever your throwing a greater distance. Again, see Table 1 for training season summaries.

That's because you're trying to generate as much force with few reps to work this. The core routines will always include flexion, extension, and rotation in all directions.