

Interval return to javelin throwing



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Day/stage	Number throws	distance	rest	Number throws	distance	rest	Number throws	distance	rest
FOOTBALL THROWS									
1	25	14m	10 mins	25	14m	end			
2	25	14m	10 mins	25	14m	10 mins	25	14m	end
3	25	18m	10 mins	25	18m	end			
4	25	18m	10 mins	25	18m	10 mins	25	18m	end
5	25	27m	10 mins	25	27m	end			
6	25	27m	10 mins	25	27m	10 mins	25	27m	end
400G JAVELIN THROWS									
7	25	14m	10 mins	25	14m	end			
8	25	14m	10 mins	25	14m	10 mins	25	14m	end
9	25	18m	10 mins	25	18m	end			
10	25	18m	10 mins	25	18m	10 mins	25	18m	end
11	25	27m	10 mins	25	27m	end			
12	25	27m	10 mins	25	27m	10 mins	25	27m	end
	No throws	effort	rest	No throws	effort	rest	No throws	effort	rest
13	25	50%	10 mins	25	50%	end			
14	25	50%	10 mins	25	50%	10 mins	25	50%	end
15	25	75%	10 mins	25	75%	end			
16	25	75%	10 mins	25	75%	10mins	25	75%	end
17	25	100%	10 mins	25	100%	end			
18	25	100%	10 mins	25	100%	10mins	25	100%	end
600G JAVELIN THROWS									
19	25	50%	10 mins	25	50%	end			
20	25	50%	10 mins	25	50%	10 mins	25	50%	end
21	25	75%	10 mins	25	75%	end			
22	25	75%	10 mins	25	75%	10 mins	25	75%	end
23	25	100%	10 mins	25	100%	end			
24	25	100%	10 mins	25	100%	10 mins	25	100%	end

Progression from day/stage to next stage should be based on symptom free response to that day/stage of training, if the thrower has symptoms they remain at the current stage until symptom free.

Reference:

MD, James R. Andrews, Kevin E. Wilk PT DPT, and Michael M. Reinold DPT ATC CSCS. *The Athlete's Shoulder, 2e*. 2nd ed. Churchill Livingstone, 2008.

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¹ MD, DPT, and CSCS, *The Athlete's Shoulder, 2e*.