

Javelin micro 1

Monday	Tuesday	Wednesday	Thursday	Friday
2 laps Sprint mechanics (w/ javelin for lateral movements) 4 x 30m sprints w/ Jav <i>Jav stretch routine</i> <u><i>Javelin routines 1</i></u> (focus on learning technique) <u><i>Javelin routine 2</i></u>	2 laps Sprint mechanics Jav stretch Target practice @ elevated target over 15m w / balls 1 x yellow jacket circuit	2 laps Sprint mechanics (w/ javelin for lateral movements) 4 x 30m sprints w/ Jav <i>Jav stretch routine</i> <u><i>Javelin routines 1</i></u> (focus on learning technique) <u><i>Javelin routine 2</i></u>	2 laps Sprint mechanics (w/ javelin for lateral movements) Hurdle mobility <u><i>Javelin routine 2</i></u> Plyos: 4 x 40m swim bounds 4 x 40m swim bounds 4 x 20m single leg 4 x 20m double leg hops	2 laps Sprint mechanics (w/ javelin for lateral movements) Hurdle mobility <u><i>Med ball circuit #1</i></u>

Javelin routine 1

15 football passes
 200m stabbers(ankle,hip,shoulder)
 200m overhead throws
 20 kneeling 2handed throws

Jav Warm up specials

Side skips
 Karaocas (w/jav)
 20m sprint (w/jave)
 Alternating run w/ crossovers

Javelin routine 2

10 x wiffleball throws
 20 x softball throws
 20 x football throws
 From standing &
 Crow-hop

Med ball circuit 1

3 x 50 x chest pass
 3 x 30 x situp passes
 3 x 10 x side slings
 3 x 10 x overhead throw-ins
 3 x 10 goal post throws
 3 x 10 x granny throws
 3 x 10 over head (behind you)
 3 x 10 double hop throws

