

**MEN'S JAVELIN THROWING PROGRAM**  
6 Month Long Rehab

---

This throwing program is designed as a progressive increase in throwing endurance, distance, strength, and velocity after physical ailment that required rest to help in the healing process.

The athlete may continue to progress to the next step of the throwing program when they complete the current throwing day *without pain*. Be sure to communicate openly with your coaching staff. Make sure that you report any pain during this program. Muscle soreness between sessions is ok and is expected as you gradually increase your throwing volume. If there is pain during throwing, you need to quit for the day. During the next throw day, return to the furthest step you have completed without pain. If there is pain during this step, please contact your physician.

Throwing is to be done 3 days per week, typically Monday, Wednesday, Friday. There needs to be a day of rest between each throwing day.

You will be using various implements throughout this program; however, your throw should always reflect the way in which you would throw a javelin. Specific throwing positions are outlined throughout the program.

Proper warm up is important prior to any throwing sessions and should include:

- Jogging
- Shoulder/Scapular exercises
- Warm up throws
  - Start at 30 feet and move back progressively to the prescribed distance for that session. Start counting your throws once you are at the programmed distance for that day.
  - In the later weeks when you are completing a throw progression each session, start with 10-15 light tosses with the prescribed implement for that session

Proper cool down is also important, and should consist of light stretching, jogging, and icing if needed for soreness.

---

[www.meganwolfmd.com](http://www.meganwolfmd.com)

**Orthopaedics and Sports Medicine-Stratford**  
1901 Mooney St.  
Winston-Salem, NC 27103  
Phone: 336-716-8091  
Fax: 336-903-7841

**Orthopaedics – West Park**  
1917 West Park Dr.  
N. Wilkesboro, NC 28659  
Phone: 336-903-7845  
Fax: 336-713-3244

**Medical Plaza Miller**  
131 Miller St.  
Winston-Salem, NC 27103  
Phone: 336-716-8200  
Fax: 336-716-9841

**WEEK 1-3****Implement:** Baseball**Throwing stance:** Stand with body facing your target. Both feet facing target, hips slightly open and rotated towards throwing side, throwing arm straight back in external rotation (turned upward), non-throwing arm straight out in front in internal rotation (thumb down).**Throwing motion:** Rotate throwing arm up and over the top, simultaneously flexing the non-throwing arm into your side. Elbow of throwing arm should have minimal bend.

\*Gradually incorporate a forward step into the throw by week 2-3.

\*Rest 3-5 mins between each set of throws

**WEEK 1****Monday**

45 feet: 2 sets of 20 throws

**Wednesday**

45 feet: 2 sets of 20 throws

**Friday**

60 feet: 2 sets of 20 throws

**WEEK 2****Monday**

45 feet: 2 sets of 25 throws

**Wednesday**

45 feet: 2 sets of 25 throws

**Friday**

45 feet: 2 sets of 25 throws

**WEEK 3****Monday**2 sets of: 15 throws at 45 feet +  
10 throws at 60 feet**Wednesday**2 sets of: 15 throws at 45 feet +  
10 throws at 60 feet**Friday**2 sets of: 15 throws at 45 feet +  
10 throws at 60 feet

**Week 4-6****Implement:** Baseball**Throwing Stance:** Typical javelin stance with left (or right) hip facing target, throwing arm up and externally rotated (palm up), non-throwing arm out in front in internal rotation (palm down), ~80% of your weight on the back leg, slight bend in back leg**Throwing Motion:** Shift weight forward on to plant leg, rotate hips and shoulders forward, throwing arm rotates up and over the top, again only with slight bend in the elbow, non-throwing arm is flexed into the side, finish high on tops of your block leg with shoulders and hips square and facing target. Incorporate these mechanics for the remainder of the program.**WEEK 4****Monday**

60 feet: 2 sets of 20 throws

**Wednesday**

60 feet: 2 sets of 20 throws

**Friday**

60 feet: 2 sets of 20 throws

**WEEK 5****Monday**2 sets of: 15 throws at 60 feet +  
10 throws at 75 feet**Wednesday**2 sets of: 15 throws at 60 feet +  
10 throws at 75 feet**Friday**2 sets of: 15 throws at 60 feet +  
10 throws at 75 feet**WEEK 6****Monday**

75 feet: 2 sets of 20 throws

**Wednesday**

75 feet: 2 sets of 20 throws

**Friday**

75 feet: 2 sets of 20 throws

**Week 7-9**

**Implement:** Baseball

**Throwing Motion:** Now incorporate a walking 3 step. Increase walking speed each week.

**WEEK 7**

**Monday**

2 sets of: 15 throws at 75 feet +  
10 throws at 90 feet

**Wednesday**

2 sets of: 15 throws at 75 feet +  
10 throws at 90 feet

**Friday**

2 sets of: 15 throws at 75 feet +  
10 throws at 90 feet

**WEEK 8**

**Monday**

90 feet: 2 sets of 20 throws

**Wednesday**

90 feet: 2 sets of 20 throws

**Friday**

90 feet: 2 sets of 20 throws

**WEEK 9**

**Monday**

90 feet: 2 sets of 25 throws

**Wednesday**

90 feet: 2 sets of 25 throws

**Friday**

90 feet: 2 sets of 25 throws

**Week 10-12**

**Implement:** Baseball, then Softball or 200g Javelin Ball

**Throwing Motion:** Now progress into jogging 3 step. Increase speed slightly each session.

Week 12 progress to a jogging 5 step.

**WEEK 10****Monday**

2 sets of: 15 throws at 90 feet with baseball + 10 throws at 75 feet with softball or jav ball

**Wednesday**

2 sets of: 15 throws at 90 feet with baseball + 10 throws at 75 feet with softball or jav ball

**Friday**

2 sets of: 15 throws at 90 feet with baseball + 10 throws at 75 feet with softball or jav ball

**WEEK 11****Monday**

90 feet: 2 sets of 20 throws

**Wednesday**

90 feet: 2 sets of 20 throws

**Friday**

90 feet: 2 sets of 20 throws

**WEEK 12****Monday**

2 sets of: 15 throws at 90 feet + \*10 throws at 105 feet (5 step)

**Wednesday**

2 sets of: 15 throws at 90 feet + \*10 throws at 105 feet (5 step)

**Friday**

2 sets of: 15 throws at 90 feet + \*10 throws at 105 feet (5 step)

**Week 13-16****Implement:** 400g Turbo Javelin or 400g Javelin Ball**Throwing Motion:** Progress to a full speed 3 step by week 14 and full speed 5 step by week 16**WEEK 13****Monday**

90 feet: 2 sets of 20 throws (3 step)

**Wednesday**

90 feet: 2 sets of 20 throws (3 step)

**Friday**

90 feet: 2 sets of 20 throws (3 step)

**WEEK 14****Monday**

2 sets of: 15 throws at 90 feet (3 step) + 10 throws at 105 feet (5 step)

**Wednesday**

2 sets of: 15 throws at 90 feet (3 step) + 10 throws at 105 feet (5 step)

**Friday**

2 sets of: 15 throws at 90 feet (3 step) + 10 throws at 105 feet (5 step)

**WEEK 15****Monday**

105 feet: 2 sets of 20 throws (5 step)

**Wednesday**

105 feet: 2 sets of 20 throws (5 step)

**Friday**

105 feet: 2 sets of 20 throws (5 step)

**WEEK 16****Monday**

2 sets of: 15 throws at 105 feet (5 step) + 10 throws at 120 feet (5 step)

**Wednesday**

2 sets of: 15 throws at 105 feet (5 step) + 10 throws at 120 feet (5 step)

**Friday**

2 sets of: 15 throws at 105 feet (5 step) + 10 throws at 120 feet (5 step)

**Week 17- 24****Implement:** Javelin or javelin ball**Throwing motion:** Now you will begin complete progressions from standing to 3-step to 5-step to full approaches each season as you would in a typical practice. Pay close attention to the prescribed implement weight and effort level for each session.

\*400g turbo jav or 400g javelin ball

10 standing

5 3-step

5 5-step

5 full

**WEEK 17****Monday**

70% effort

**Wednesday**

50% effort

**Friday**

70% effort

**WEEK 18****Monday**

80% effort

**Wednesday**

60% effort

**Friday**

80% effort

\*400g turbo jav or 400g javelin ball

5 standing

3 3-step

3 5-step

3 full

THEN \*600g women's javelin or 600g javelin ball

5 standing

2 3-step

2 5-step

2 full

**WEEK 19****Monday**

90% with 400g

70% with 600g

**Wednesday**

70% with 400g

50% with 600g

**Friday**

90% with 400g

70% with 600g

\*600g women's javelin or 600g javelin ball

10 standing

5 3-step

5 5-step

5 full

**WEEK 20**

**Monday**  
70% effort

**Wednesday**  
50% effort

**Friday**  
70% effort

**WEEK 21**

**Monday**  
80% effort

**Wednesday**  
60% effort

**Friday**  
80% effort

\*600g women's javelin or 600g javelin ball    THEN    \*800g men's javelin or 800g javelin ball

5 standing	5 standing
3 3-step	2 3-step
3 5-step	2 5-step
3 full	2 full

**WEEK 22**

**Monday**  
90% with 600g  
70% with 800g

**Wednesday**  
70% with 600g  
50% with 800g

**Friday**  
90% with 600g  
70% with 800g

\*800g men's javelin or 800g javelin ball

- 10 standing
- 5 3-step
- 5 5-step
- 5 full

**WEEK 23**

**Monday**  
70% effort

**Wednesday**  
50% effort

**Friday**  
70% effort

**WEEK 24**

**Monday**  
80% effort

**Wednesday**  
60% effort

**Friday**  
80% effort



**Week 25: Meet Simulation**

- Full warm up
- Full throw progression: standing throws, 3-step throws, 5-step throws, full approach run throughs
- 2-3 full “practice throws” 80-90% effort
- Prelims Simulation: 100% effort
  - 3 full throws with 10 minutes between each throw. Stay loose between throws.

-----15-minute break-----

- Finals Simulation: 100% effort
  - Run throughs, practice throws as needed
  - 3 full throws with 10 minutes between each throw. Stay loose between throws.