

JAVELIN THROWERS IN HELSINKI

By Antero Paranen and Leo Pusa

The Finnish Athletic Federation appointed two coaches for every event to observe outstanding selected competitors prior to and during the world track and field championships in Helsinki last year (1983). The following is a summary of the men's javelin observations, translated from the throwing section of the final report by the Finnish Athletic Federation.

DETLEF MICHEL

August 7 (11:30 a.m.): Light warm-up, imitation exercises, easy throws from a short run-up and standing position on grass, some knee-lift runs and jogging.

Technique throwing from a 10m run-up, first with three, then with two javelins. All throws were performed one after another and ranged from 82 to 89m. Eight throws, ranging from 87 to 92.5m, followed from a 30m run-up. The session lasted 1 hr. 10 min.

August 8 (12:00 noon): Light warm-up, stretching exercises, yoga exercises, technique drills, hip rotations. Acceleration sprints on grass over 20m with 20m walk recoveries. Relaxation exercises. The session lasted 35 min. (7:10 p.m.): Light warm-up with a barbell, followed by:

- Bench press — 2 x 80, 2 x 100, 2 x 120kg.
- Squat — 3 x 6 x 100kg

The session lasted 35 min.

August 9 (12.20 p.m.): Warm-up, walking, easy acceleration runs, running with a high backward heel kick. Acceleration runs over 60m, talking to GDR athletes for 10 min., 50m relaxed run. The session ended at 12:55 p.m.

August 10 (qualification): On the warm-up track: a 5 min. warm-up run, followed by 15 to 20 relaxed throws.

In the main stadium: several imitation run-ups with the javelin before two warm-up throws of about 87 and 89m. Qualified with the first throw of 90.40m.

After the qualification round, a 1/2-hour weight training session of:

- Squats (90°) — 5 x 120, 5 x 130, 5 x 140, 4 x 150, 5 x 160kg

- Imitation pulls — 2 x 10 with 2 ½ kg
- Hip rotations — 2 x 10 with 5 kg
- Easy running and some bounding.

August 11 (12:00 noon): Light warm-up, 3 x 60m accelerations on grass, three technique throws without the javelin. The session lasted 25 min.

August 12 — Final: A relaxed warm-up, including 5 min. of running and 10 very easy technique throws in warm-up shoes.

In the main stadium: tempo runs, imitation throws and two warm-up throws of about 86 and 87m. Competition series: 88.96, 89.48, 88.74, —, —, 86.70.

TOM PETRANOFF

August 7 (11.50 a.m.): 200m run, 200m run with the javelin, rotational and stretching exercises with the javelin, standing throws about 50 and 52m, cross-stride drill with an emphasized support leg action, standing throw of 62.50m.

Short run-up (8-stride) throws from a check mark with the javelin arm pulled back. The distances of nine throws varied between 68 and 86m. Throws from a 28m run-up with two javelins and using spikes. The distances of eight throws varied between 71 and 86.50m. Finally seven throws, ranging from 51 to 79m to develop rhythm.

Petranoff's technique was all mixed up and the throws lacked consistency. The session lasted 55 min.

August 8 and 9: Rest days

August 10 (qualification): Light running of about 5 min., exercises with the javelin, 13 standing throws, rhythm throws.

In the main stadium, two run-ups and two warm-up throws of 82 and 84m. Qualified with the first throw of 85.68m.

August 11: Rest day.

August 12 — Final: Light running, flexibility and javelin exercises, 17 standing throws, four throws from a six-stride run-up and three from a full run-up. In the main stadium: three imitation run-ups and two warm-up throws of 83 and 82m. Competition series: 85.36, 85.60, 85.30, —, —, —.

Petranoff kept moving between the throws in the beginning but later sat.

DAINIS KULA

August 6 (4:15 p.m.): 30 min. warm-up, including running, two full effort throws in spikes of 90 and 93m with emphasis on a follow-through. Next, seven rhythm throws, ranging between 80 and 86m and finally a series of imitation throws. The session lasted 1 hr. 30 min.

August 7 (6:20 p.m.): Light running with imitation exercises for 5 min., two series of five easy jumps, three series of seven repetitions of easy shot (4 kg, 6kg) throwing forward, followed by five powerful throws. Finally, tempo running and three series of imitation run-ups for rhythm, emphasizing the impulse stride. The session lasted 40 min.

August 8: Rest day.

August 9 (1:00 p.m.): Jogging and arm exercises followed by standing throws in warm-up shoes around 60m. Change into spikes, tempo runs and two rhythmic normal run-up throws of 75 and 80.5m. Finally imitation exercises. The session lasted 20 min. and appeared rather lazy.

August 10 (qualification): On the warm-up track: a light warm-up, some easy exercises, several imitation drills, two short run-ups in warm-up shoes.

In the main stadium: imitation run-ups with the javelin, two practice throws of 78 and 82m. Qualified with a throw of 83.16m.

August 11 (4:00 p.m.): An easy warm-up, followed by imitation throws. Not a single throw with the javelin. The session lasted 25 min.

August 12 — Final: On the warm-up track; a light warm-up, walking. Not a single throw with the javelin.

In the main stadium: several imitation run-ups and two warm-up throws of 82 and 80m. Competition series: 85.58, 80.70, 82.78, 82.42, 83.08, — . A lot of imitation throws between the competition round.

HEINO PUUSTE

August 6 (4:15 p.m.): 30 min. warm-up and running drills with a shot. One full run-up throw of 86m in spikes, two throws in warm-up shoes of 80 and 81m. Finally exercises with a 15kg weight disc. The session lasted 1 hr. 30 min.

August 7 (6:20 p.m.): Easy running for 5 min., imitation run-ups, two series five jumps, five light forward throws with 4 and 6 kg shots, followed by seven hard throws. Finally tempo running, three series of imitation rhythm throws and

impulse bounding, emphasizing a fast placement of the support foot. The session lasted 40 min.

August 8: Rest day.

August 9 (1:00 p.m.): Jogging and arm exercises, some standing throws (60m) in warm-up shoes. Two run-ups in spikes, followed by two full run-up throws of 75 and 80.5m. Finally some imitation drills for technique. The session lasted 20 min. and appeared to be very relaxed.

August 10 (qualification): On the warm-up track: warm-up and exercises followed by a double-arm javelin pulling exercise with a 15kg disc. Only one easy javelin throw in warm-up shoes.

In the main stadium: some imitation run-ups without the javelin and two warm-up throws of 79 and 81m. Qualified with the second throw of 85.86m.

August 11: Rest day.

August 12 — Final: On the warm-up track: walking and imitation pulls. Not a single throw with the javelin.

In the main stadium: several imitation run-ups and delivery actions before two warm-up throws of 79 and 8m. Competition series: 77.04, 78.86, 84.56, 79.00, 70.16 and 81.66m. Some imitation throws between the competition rounds.

BOB ROGGY

August 5 (1:45 p.m.): A 30 min. warm-up with emphasis on stretching over a wide range, followed by four repetitions of easy-fast-easy accelerations over 50m. Exercises with rubber pulleys, one end attached to the hammer throw net, the other to the foot — long forward movement of the leg, assisted by the left hand (2 x 15 repetition), 5 min. rest, high knee lifts and leg pulls from the back against the resistance of the rubber. The session lasted 45 min. and appeared to be rather relaxed with a lot of talking to other athletes.

August 6 and 7: Rest days.

August 8 (4:00p.m.): Walking from the accommodation to the weight room. Bench press — 3 x 60kg, 2 x 80kg, 1 x 100kg with 5 min. recoveries, followed by easy arm circles with 5kg dumbbells. Finally some imitation throws outdoors. The session lasted 40 min. and the load was limited.

August 9 (1:00 p.m.): Easy warm-up, standing throws of 50, 58, 63 and 66m, followed by three throws from an eight-stride approach of 68, 70 and 72m. The session lasted 25 min. and Roggy appeared to be listless.

August 10 (qualification): On the warm-up track: walking, jogging, javelin exercises and 10 standing throws.

In the main stadium: two run-ups followed by two warm-up throws of 75 and 81m. Qualified in the first round with a throw of 86.16m.

August 11: Rest day.

August 12 — Final: On the warm-up track: a 5 min. jog, stretching exercises with emphasis on the leg flexors, javelin exercises, 20 standing throws, two run-ups, one rhythm throw.

In the main stadium: a run-up with the javelin, two short accelerations on grass, two warm-up throws of 74 and 76m. Competition series: 79.84, 73.02, 74.82m.

ROD EWALIKO

August 6 (1:10 p.m.): 15 min. jogging and walking. Standing throws of 59, 63, 64, 64, 67, 66m. Throws from a 10m run-up with the javelin held back, ranging from 65 to 83m. The session lasted 55 min.

August 7 — Rest day.

August 8 (4.00 p.m.): Walking from the accommodation to the weight training room. Bench pressing with 5 min. recoveries — 3 x 60kg, 2 x 80kg, 1 x 100kg, arm exercises with a 5kg weight disc, imitation javelin pulls. The session lasted 40 min. and the load was limited.

August 9 (1:00 p.m.): Easy running and some exercises for 5 min., followed by standing throws of 60, 52, 65 and 67m. The listless session lasted 25 min.

August 10 (qualification): On the warm-up track: some javelin exercises, several standing throws of which the better deliveries were around 70m, finally four throws from a run-up.

In the main stadium: two warm-up throws of 75 and 80m. Qualified in the third round with a 82.68m throw.

August 11: Rest day.

August 12 — Final: On the warm-up track: 5 min. of jogging, stretching exercises with the javelin, about 20 standing throws, five throws from a six-stride run-up and four throws from a full run-up.

In the main stadium: two warm-up throws of 81 and 77m. Competition series: 76.53, 76.44 and 77.74m.