

Abstract

Topic: Strength prepare for javelin throw

Aim: Analyse available documents about one of the most important ability in javelin training, the training of strength, with following summary of exercises with practical presentation.

Methods: Searching of technical publications, analysing and comparison of training diaries and consultation with trainers and specialists, who are interested in strength training in javelin throw and on the last place i focus on my own experience.

Results: Result of my work is a summary of basic exercises for javelin throwers, in order to increase strength and special strength in a their preparation time.

Key words: strength preparation, strength abilities, javelin, methods, summary