

Edvard Harnes				
	My model of a male 63-66 m javelinthrower			
1. Technique evaluation:				
800 Gr. Javelin full run-up			63.00-66.00 m	
800 Gr. Javelin 5-7 steps			59.30-62.00 m.	
800 Gr. Javelin 3 steps			53.50-56.00 m	
800 Gr. Javelin Standing			44.00-46.00 m	
2. Technique/Speed evaluation:				
600 Gr. Javelin full run-up			72,00-75,00 m	
600 Gr. Javelin 5-7 steps			66,30-69,00 m.	
600 Gr. Javelin 3 steps			59,50-61,00 m	
600 Gr. Javelin Standing			48.00-50.00 m	
3. Speed evaluation				
200 Gr. Ball run-up			75.00-80.00 m	
4. Special Strength				
1,2 Kg shot run-up			47.00-51.00 m	
1,2 Kg shot standing			38.00-41.00 m	
1,5 Kg shot standing			33.00-37.00 m	
2 Kg Med.ball run-up			23.00-24.00 m	
2 Kg Med.ball standing			18.50-19.50 m	
Pullover			40-50 Kg	
5. General Power				
4 Kg shot backwards			18.00-19.50 m	
6. General Strength				
Snatch			60-70 kg	
Jerk			70-90 Kg	
Bench-press			70-90 Kg	
Deep squats			110-125 Kg	
7. Leg speed/power				
Broad jump standing			2.80-2.90 m	
Triple jump			8.40-8.70 m	
30 m sprint			4.00-3.90 sec	

Lefthanded Thorkildsen by Edvard Harnes

