



# Coaching experiences

# Mikaela Ingberg

## Background

- Different kinds of Sports (football, volleyball, basketball, table tennis etc.)
- Tried javelin for the first time at age 10
- First time at Javelin Carneval at age 12
- Always liked competing
- National team training camps from age 16
- "Professional" training from age 20

# Mikaela's characteristics

- 24 h athlete, real life style
- Deep enthusiasm of sport and javelin
- High morals and ethics (fair play)
- Wish and ambition to compete again and again
- Detailed planning and doing
- Quality thinking, carefulness
- Extraordinary coordination ability and motoric skills
- Physical mobility
- Good response of loading / strength, skills, speed
- Self confidence and ability to concentrate under pressure
- Injury prone / joints and ligaments

# Result developement



# Test results

Exercise	16y	19y	21y	23y	26y	28y	30y	35y
(result)	51,96m	58,26	65,16m	67,32m	64,03m	63,55m	62,54m	61,00m
Clean	50kg	80kg	87,5kg			95kg	2x90kg	3x85kg
Snatch	27,5kg	50g	55kg			3x55kg		
Bench	40kg	55kg	77,5kg	90kg	95kg	95kg	2x90kg	4x80kg
Jerk	---	---	---	80kg		82,5g		4x72,5kg
½Squat	100kg	---	175kg	170kg		2x190kg		6x120kg
F.Squat			95kg					(lower)
OHF		16,80m	20,05m	20,20m	18,90m	19,20m	---	---
3-jumps	7m	7,70m	7,85m			8,22m	8,13m	---

**Surgeries**

**knee 19y,**

**ankle 23y, knee 24y,**

**shoulder 30y**

# Technical developement



# Key factors for womens javelin throwing

- Natural throwing ability
- Upper body strength
- Throwing power
- Javelin control
- Motoric skills – technique
- Requires more speed for long throws (runup)
- Special attention to elbow / shoulder rehab

# Different phases in my career

**“it was an easy start”**

**16-19 years**

- **Good training (still other sports, basketball & volleyball in winter)**
- **Gold ECH**
- **Irregular throwing training in winter**

**21 years**

- **Made the choice to see how far I can get!**
- **First year of “professional” training all year around (2x/day)**
- **Medal at WCH**
- **Sports first!**



# Different phases in my career

## 22-26 years

- Injuries (back, elbow) + operations (ankle&knee)
- Still high level performance (finalist 96-99, incl. 1 medal)
- Fulltime athlete

## 27-30 years

- Shoulder injury, decided to not have surgery (fall 2001) and rehabilitate instead
- I still want to throw!!
- less throwing training, more quality than quantity!
- Shoulder rehab helped, Munich 3rd Paris 4th, but then...
- Shoulder surgery fall 2004

# Different phases in my career

**31 years –**

- Trying to get back from shoulder surgery
- Rehab, rehab, rehab
- Technical problems, afraid to use the shoulder / upper body like before the surgery
- Not as daring as before?
- Focus on staying healthy, more recovery...



**KIITOS 😊**

**Tapio Korjus & Mikaela Ingberg 11.01.09**