

Javelin Training at the Olympic Training Centre in Kuortane, Finland

Earlier in the 2016 winter training season, I was asked by my coach, David Parker, to join him in Kuortane in Finland for 10 days of javelin training at the centre whilst the world javelin conference took place at the same venue. Obviously, I was eager to go even with a heavy schedule of studying at school. So, on the 12th November, a group of around 10 of us set off to Finland for several days of hard and intense training. We arrived late in the evening and the cold temperatures did not disappoint with heavy snow as we arrived after a long train journey to Kuortane. Luckily all the facilities were indoors and only a short walk from the hotel so we weren't exposed to the cold temperatures for too long. The centre was well-equipped and included a gym, a running track and a throwing area. Finland has a proud history of javelin throwing and their culture reflects that heritage. The throwing area was often used by other throwers and the javelin facilities were best part of the centre.



We stayed in a comfortable hotel within the complex that also had great facilities. The training was really intense and on most days we trained twice a day which was hard work! For our throwing sessions, we threw against a net in a separate area and other sessions included sprints, lifting, throwing, medicine ball throwing, plyometrics and the dreaded cardio session. Throughout the camp, I was able to work on every aspect of my training, from my technical ability to my cardiovascular fitness. In the middle of the camp, we were lucky enough to watch and listen to the world javelin conference. The conference involved a series of talks and demonstrations from professionals in their field. It was invaluable to learn what it takes to reach the highest levels from Thomas Rohler, the guest speaker and current Olympic champion. I was asked to participate in one of the demonstrations at the

conference and this was led by one of the best coaches in the world, Petteri Piironen. It was fascinating to see how these top coaches train their athletes and the different aspects of throwing they focus upon. Athletes and coaches from all around the world were at the conference and it was brilliant to talk to them and listen to their opinions on the different styles and models of training.



The training camp was an extremely enjoyable trip with a great group of people. I returned home with an improved knowledge of the sport and a greater understanding of what it takes to become a world class javelin thrower. I left with my head full of different ideas and techniques that I could potentially incorporate within my training schedule. My body was sore but at least I had a few rest days before putting my newly acquired knowledge into practice! The trip was unforgettable and a real privilege. It has shown me a different side to the javelin event that I can use and incorporate into my throwing and training routine. It has set me up perfectly for the 2017 athletics season. Thank you.

Daniel BAINBRIDGE