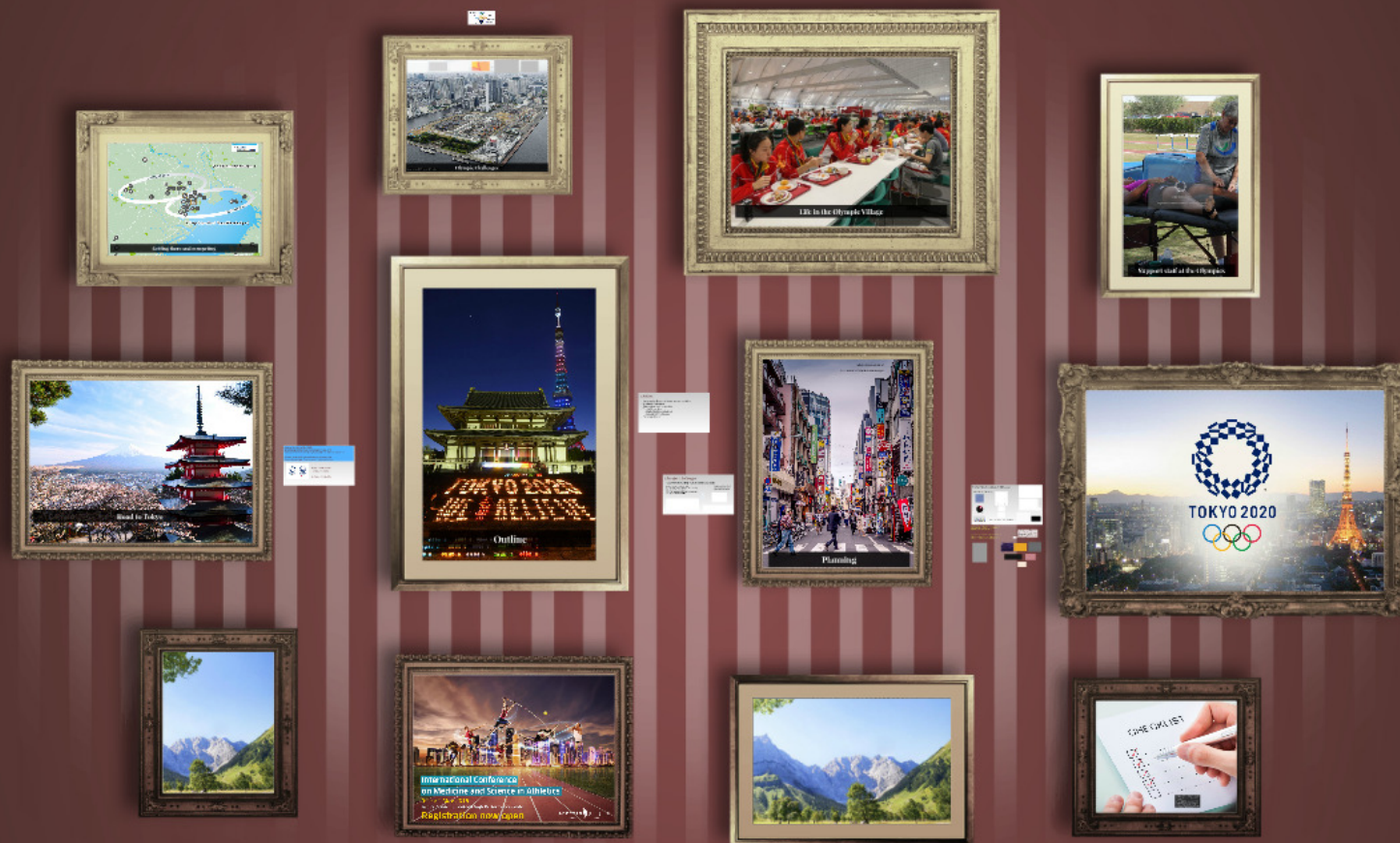


Tokyo 2020 strategies: managing the preparation of the team

Prof. Marco Cardinale, PhD



Tokyo 2020 strategies: managing the preparation of the team

Prof. Marco Cardinale, PhD



Road to Tokyo

Athletics Test Events 2019 -2020

(Marathon) Marathon Grand Championship 15 Sep. 2019

Meijjingū Gaien (Start / Finish) Japan Association of Athletics Federations

Athletics TOKYO Challenge Track Meet 2020 5-6 May 2020

Olympic Stadium Japan Association of Athletics Federations



24 July - 9 August 2020

31st July first event

25 August - 6 September

2019
Athletics Federations

2020
Olympics

2020
Olympics
Timeline
September

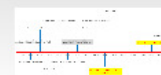


Outline

- Preparing for Tokyo - What you need to consider
- Qualifying Challenges
- Planning training/Competitions
- The 2020 Olympics
 - Environmental Challenges
 - Competition Challenges
- Preparing the team

Olympic Challenges

- Quality [World Ranking Points]
- Entry Standards November 2019
- 1st July 2020 list of qualified athletes
- Teams IAAF World Rankings
- 2-5th July finalisation of unused quota
- 6th July post entries Deadline



Outline

- Preparing for Tokyo - What you need to consider
- Qualifying Challenges
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Olympic Challenges

- Qualify [World Ranking Position or Entry Standard]

Entry Standards November 2019

1st July 2020 list of qualified athletes and relay teams IAAF World Rankings

2-5th July Reallocation of unused quota places

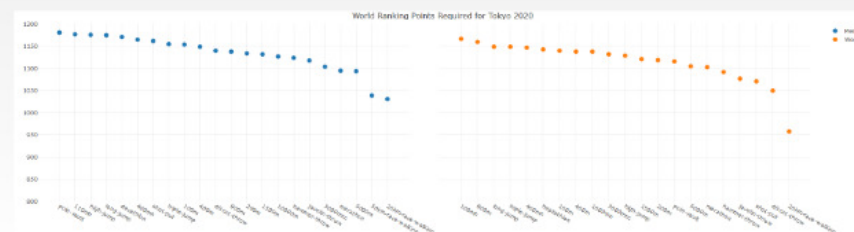
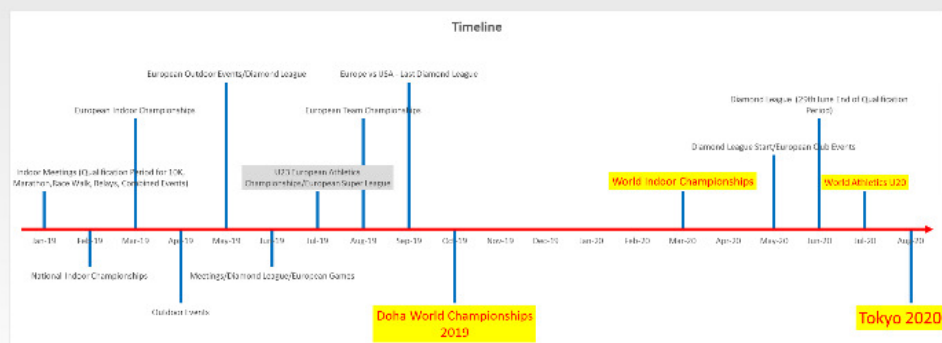
6th July port entries Deadline

Athletes' position in the IAAF world rankings will be based upon the points they score, the amount determined by their performance and place and the importance of the competition in the IAAF global calendar in which those results are achieved.



World Rankings Overview

Rank	Name	Points	Events	Qualification
1	Usain Bolt	1200	100m, 200m	Qualified
2	Justin Gatlin	1150	100m, 200m	Qualified
3	Yohan Blake	1100	100m, 200m	Qualified
4	Andre De Grasse	1050	100m, 200m	Qualified
5	Trayvon Bromm	1000	100m, 200m	Qualified



Olympic Challenges

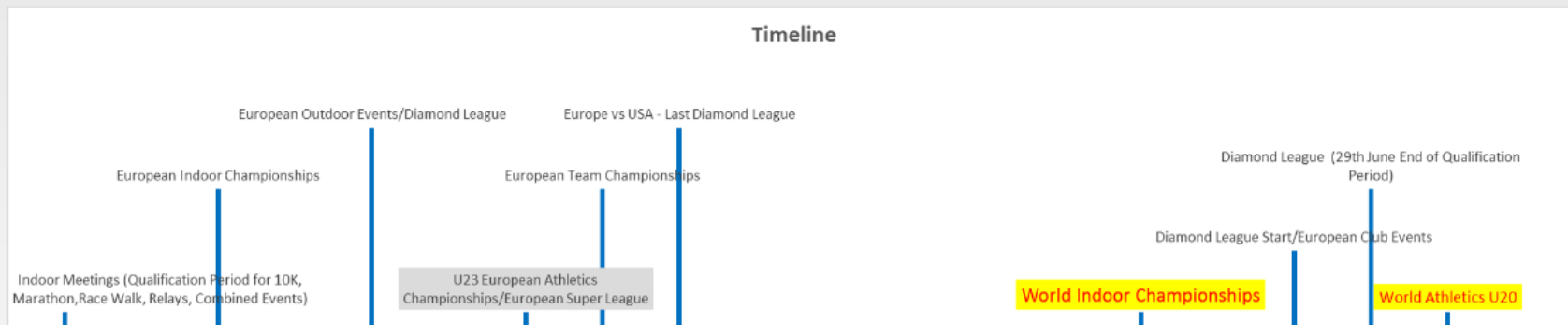
- Qualify [World Ranking Position or Entry

Entry Standards November 2019

1st July 2020 list of qualified athletes and relay teams IAAF World Rankings

2-5th July Reallocation of unused quota places

6th July port entries Deadline



Kitty and Johnne

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Data analyst and (now veteran!) athlete
[linkedin.com/in/john-peters...](https://www.linkedin.com/in/john-peters-100100010/)
[strava.com/athletes/53729...](https://www.strava.com/athletes/53729...)

Joined May 2011

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Message

d]

Athletes' position in the IAAF world rankings will be based upon the points they score, the amount determined by their performance and place and the importance of the competition in the IAAF global calendar in which those results are achieved.

The screenshot shows a web browser with multiple tabs. The active tab is titled 'Road to Tokyo' and displays the URL <https://bluecattechnical.shinyapps.io/RoadtoTokyo/>. The page content includes a header 'Road to Tokyo' and a sub-header 'IAAF World Rankings and Points Calculator'. There are two links: 'Required Score for Tokyo 2020' and 'Notes and Instructions'. A sidebar on the left contains the text 'Performance Score calculator' and 'Under:'. The main content area shows 'Data as of 19/03/2019' and a disclaimer: 'This tool has been developed by Blue Cat Technical Ltd. If you have any queries please email me' and 'All data provided by the IAAF website'.

6th July port entries Deadline

Timeline





Kitty and Johne

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Data analyst and (now veteran!) athlete
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[strava.com/athletes/53729...](https://www.strava.com/athletes/53729...)

 Joined May 2011

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Road to Tokyo

IAAF World Rankings and Points Calculator Required Score for Tokyo 2020 Notes and Instructions

Performance Score Calculator

Gender: men

Event: 100m

Performance: 9.46

Competition Category: OW

Place: 4th

Result Score = 1400
Place Score = 250
Performance Score = 1650

Data as of 19/03/2019

This tool has been developed by [Blue Cat Technical Ltd](#). If you have any queries please [email me](#)

All data provided by the [IAAF website](#)

All Result Scores are provided by the [IAAF Scoring Tables of Athletics 2017 Revised Edition](#)

All Place Scores are provided by the method deccribed on the [IAAF website](#)

World Rankings Selector

Gender: men Event: 100m Top n per Nation: 3 Show All

Copy CSV Excel PDF Print Search:

Rank	Overall	Competitor	Nationality	Score	Event	Gender	Link
All	All	All	ITA	All	All	All	All
11	13	Filippo TORTU	ITA	1274	100m	men	IAAF Profile
36	44	Lamont Marcel JACOBS	ITA	1188	100m	men	IAAF Profile
91	152	Roberto RIGALI	ITA	1116	100m	men	IAAF Profile

Message

OW

Place: 4th

Result Score = 1400
 Place Score = 250
 Performance Score = 1650

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Excel

PDF

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search:

Rank	Overall	Competitor	Nationality	Score	Event	Gender	Link
All	All	All	ITA	All	All	All	All
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John Peters.png_large

Windows

File Explorer

Edge

Discord

Outlook

Google

Firefox

Chrome

PowerToys

WhatsApp

Spotify

Visual Studio Code

Excel

Word

PowerPoint

Access

Taskbar

System Tray

Language: ENG US

World Ranking Points Required for Tokyo 2020

Event	Men (Points)	Women (Points)
100m	1180	1170
200m	1175	1160
400m	1170	1150
800m	1165	1145
1500m	1160	1140
5000m	1155	1135
10000m	1150	1130
3000m	1145	1125
5000m	1140	1120
10000m	1135	1115
3000m	1130	1110
5000m	1125	1105
10000m	1120	1100
3000m	1115	1095
5000m	1110	1090
10000m	1105	1085
3000m	1100	1080
5000m	1095	1075
10000m	1090	1070
3000m	1085	1065
5000m	1080	1060
10000m	1075	1055
3000m	1070	1050
5000m	1065	1045
10000m	1060	1040
3000m	1055	1035
5000m	1050	1030
10000m	1045	1025
3000m	1040	1020
5000m	1035	1015
10000m	1030	1010
3000m	1025	1005
5000m	1020	1000
10000m	1015	995
3000m	1010	990
5000m	1005	985
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3000m	995	975
5000m	990	970
10000m	985	965
3000m	980	960
5000m	975	955
10000m	970	950
3000m	965	945
5000m	960	940
10000m	955	935
3000m	950	930
5000m	945	925
10000m	940	920
3000m	935	915
5000m	930	910
10000m	925	905
3000m	920	900
5000m	915	895
10000m	910	890
3000m	905	885
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3000m	890	870
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3000m	875	855
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3000m	830	810
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3000m	-625	-645
5000m	-630	-650
10000m	-635	-655
3000m	-640	-660
5000m	-645	-665</

Entry Standard]

Reference provided in the OAN which identifies and lists the data sources used in the model. The model is designed to be used for the purpose of the model and the results of the model are not to be used for any other purpose.




Where can you score points?

Do we need to "bin" all periodisation strategies?

What are you going to do to preserve health and performance?


Planning





Where can you score points?


'bin" all periodisation strategies?



Where can you score points?

Do we need to "bin" all periodisation strategies?

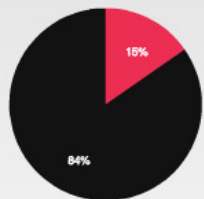
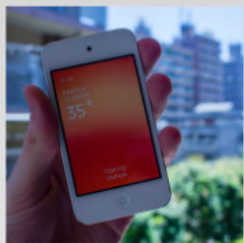




What are you going to do to preserve health and performance?

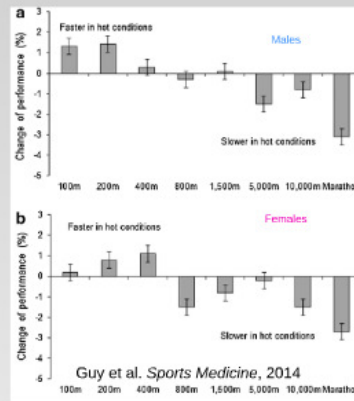
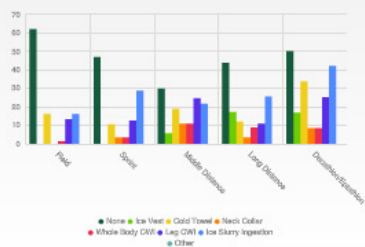
Environmental Challenges in Tokyo 2020

Hottest and most humid time of the year



Periard et al. 2017 [2015 WC Study]

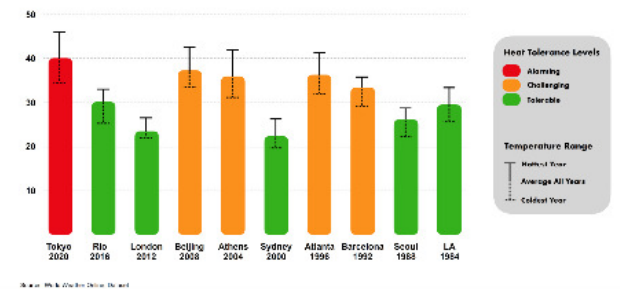
● Prepared in the Heat ● Did not Prepare in the Heat



Heat Adaptation Cooling Strategies

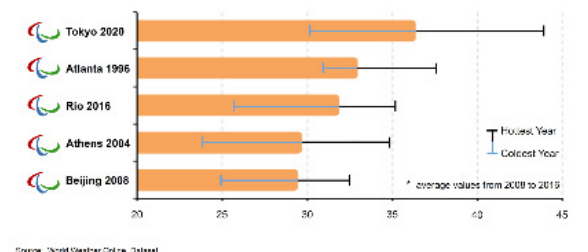
OLYMPIC CITIES AND THE HEAT FACTOR

Mean maximum 'Feels Like' temperature between 2008 and 2016 during a given Summer Olympic Games period (in °C)



Paralympic Host Cities and the HEAT factor

Mean maximum 'Feels Like' temperatures during a given Paralympic Games period, in °C



Record 70,000 people rushed to hospitals since April 30 amid scorching Japan heat wave

Heat wave in Japan: Record 70,000 people rushed to hospitals since April 30 amid scorching Japan heat wave



Japan's deadly heatwave should worry athletes competing in the 2022 Olympics

Japan's deadly heatwave should worry athletes competing in the 2022 Olympics

Athletic events undertaken in the heat increase the risk of exertional heat illness through the development of hyperthermia and severe dehydration.

Heat Adaptation consists of training in hot and humid environments.

HA can reduce the risk of Heat Illness and can also improve performance

Environmental Challenge

Hottest and most humid time of the year







A person suspected of suffering from a heat-related illness is transported to an ambulance in Kurashiki, Okayama Prefecture, in July. | KYODO

[NATIONAL](#) / [SCIENCE & HEALTH](#)

Record 70,000 people rushed to hospitals since April 30 amid scorching Japan heat wave

KYODO

Scorching summer heat has sent more than 70,000 people to hospitals across the country over the last three months, far exceeding the previous annual record set in 2013, government data showed Tuesday.

AUG 7, 2018

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Japan's deadly heatwave should worry athletes competing in the 2022 Olympics

By Marco Amati & Makoto Yokohari • August 18, 2018



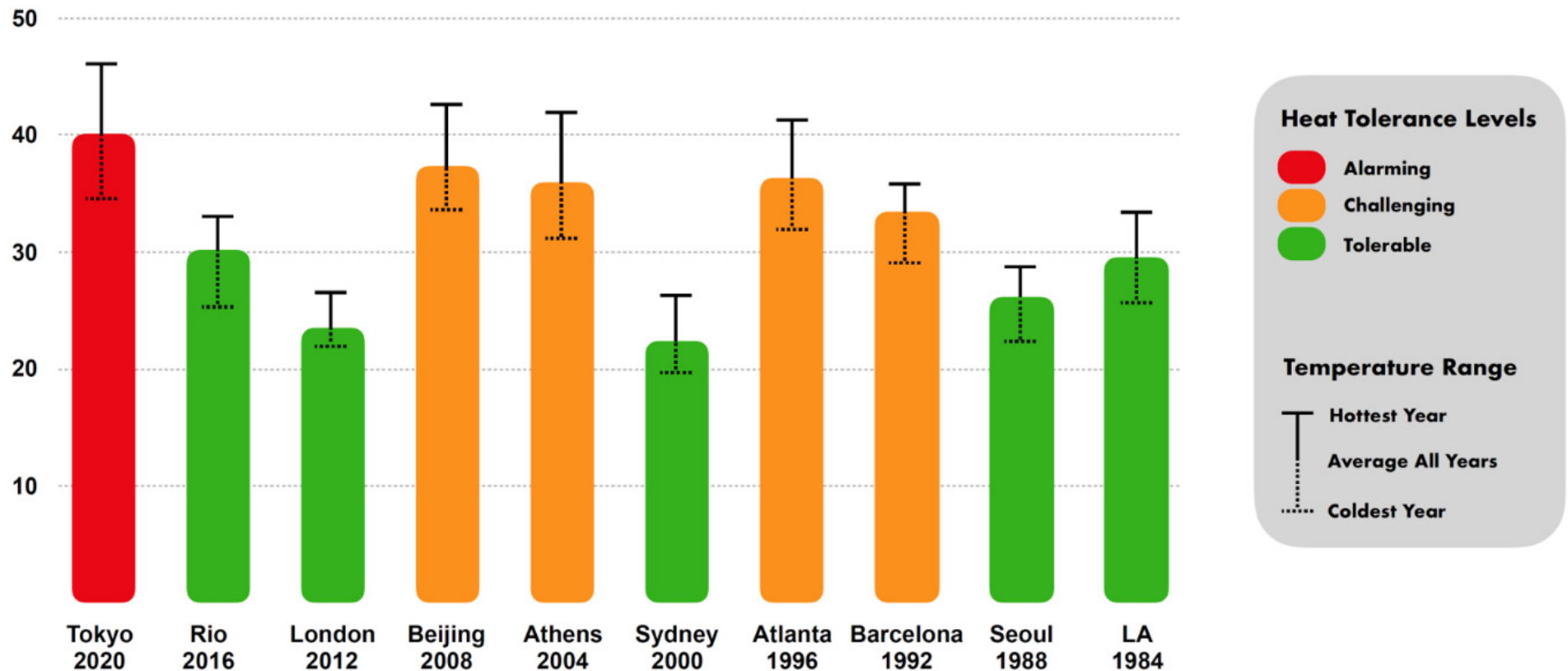
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OLYMPIC CITIES AND THE HEAT FACTOR

Mean maximum 'Feels Like' temperatures between 2008 and 2016 during a given Summer Olympic Games period (in °C)



Source: World Weather Online, Dataset

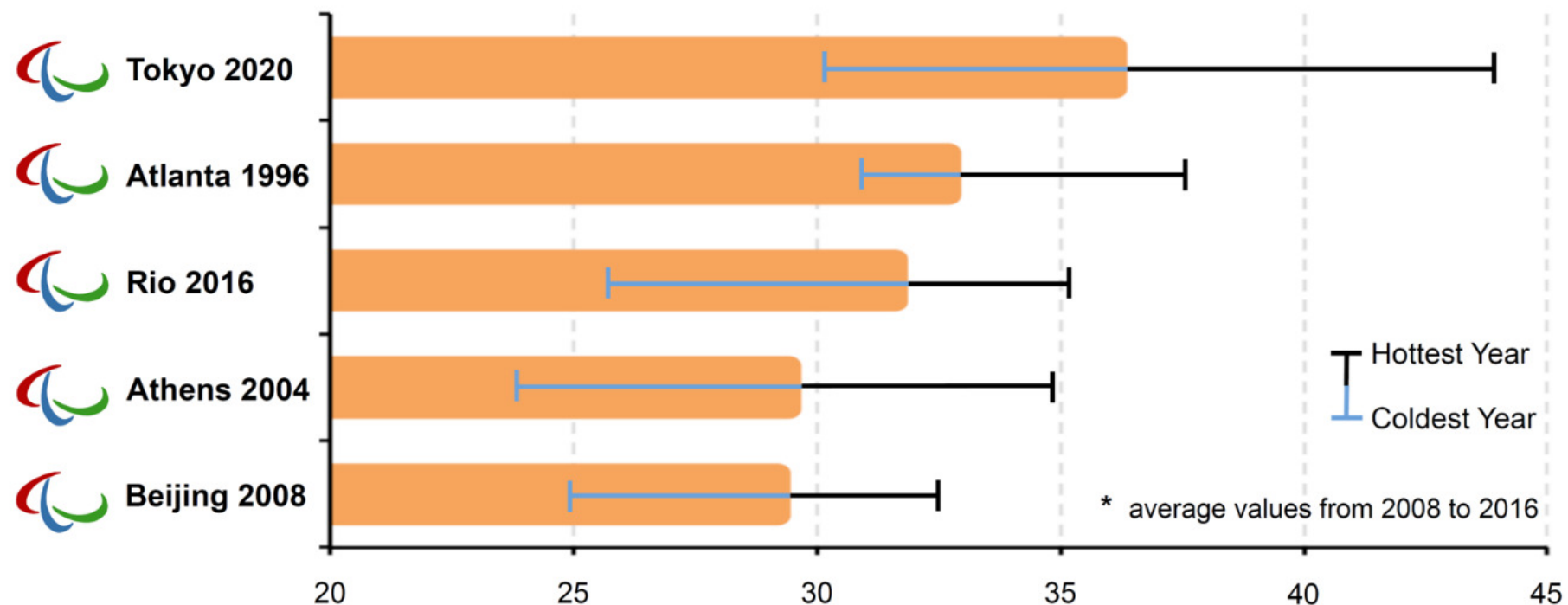
Paralympic Host Cities and the HEAT factor

Mean maximum 'Feels Like' temperatures during a given Paralympic Games period*, in °C

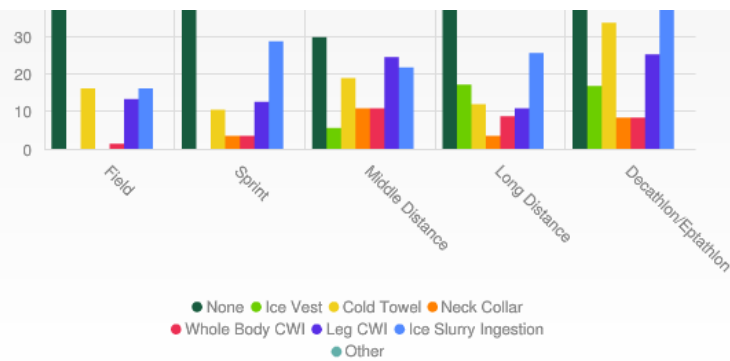
Source: World Weather Online, Dataset

Paralympic Host Cities and the HEAT factor

Mean maximum 'Feels Like' temperatures during a given Paralympic Games period*, in °C



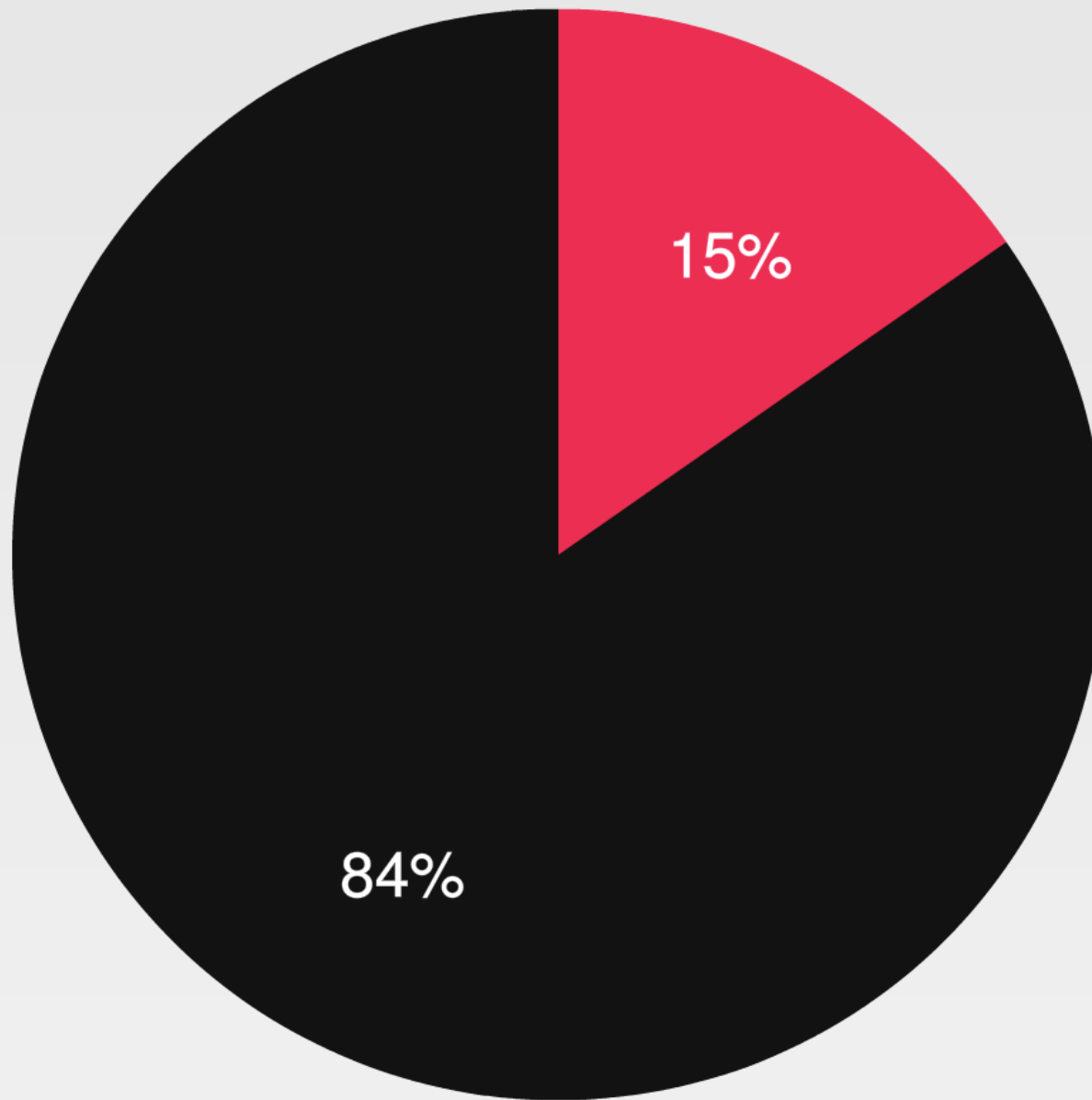
Source: World Weather Online, Dataset



Athletic events undertaken in the heat increase the risk of exertional heat illness through the development of hyperthermia and severe dehydration.

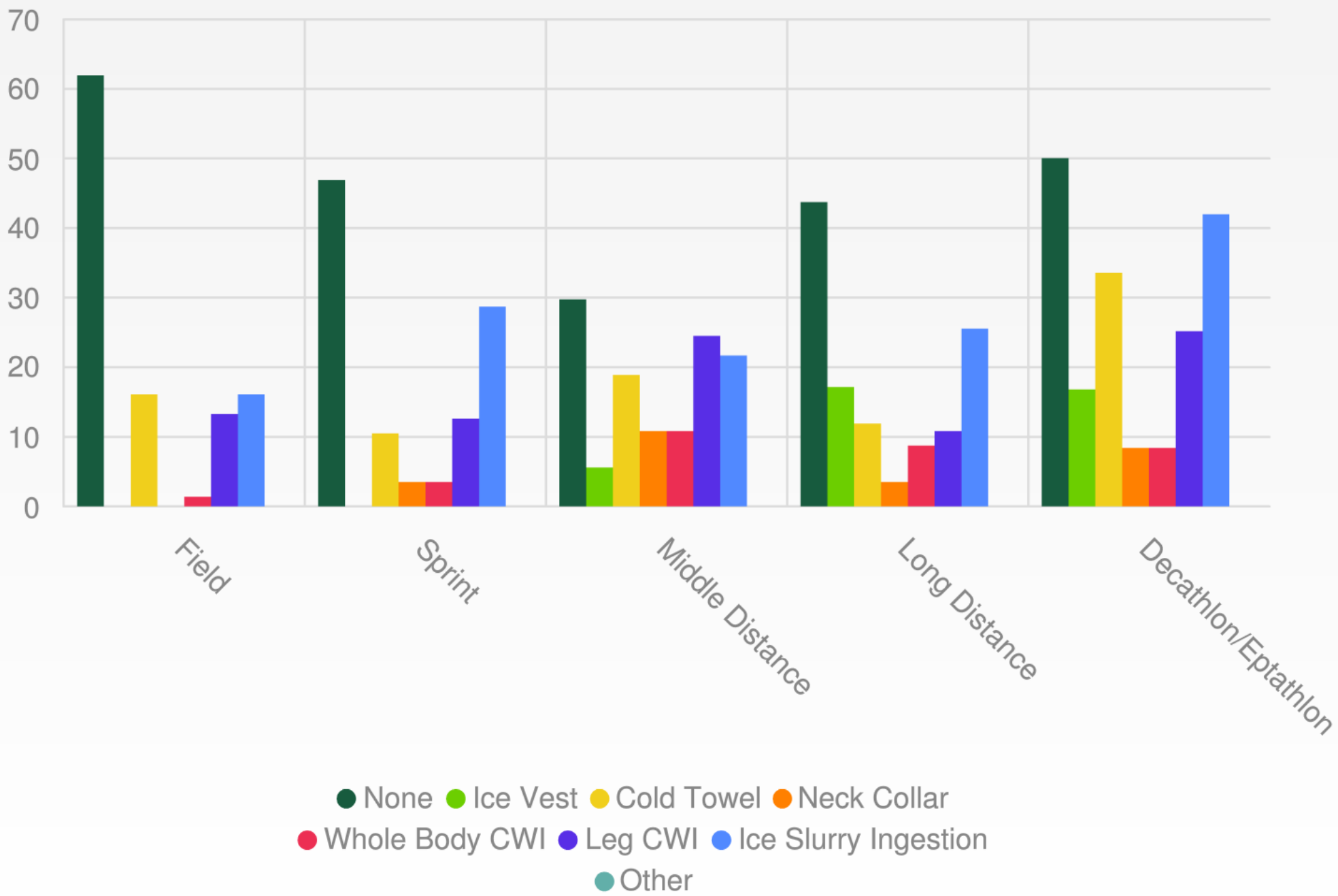


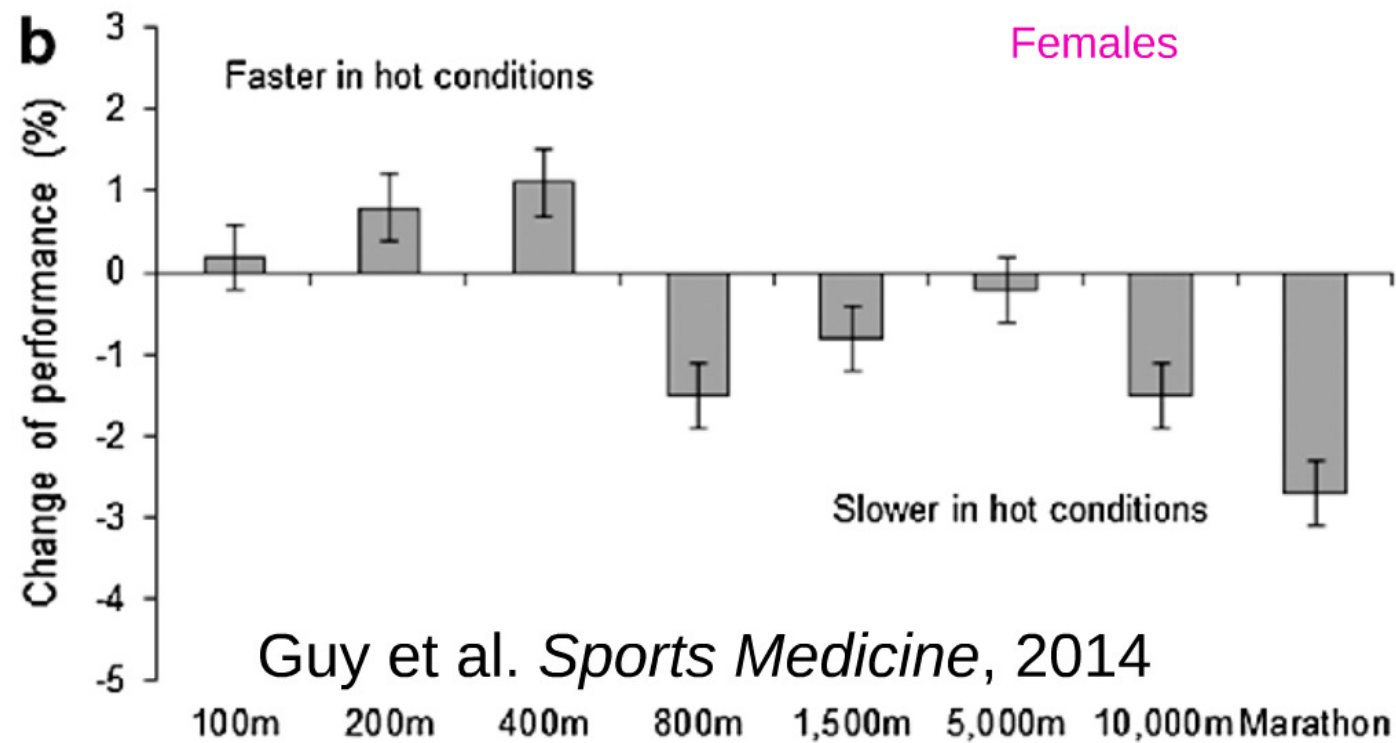
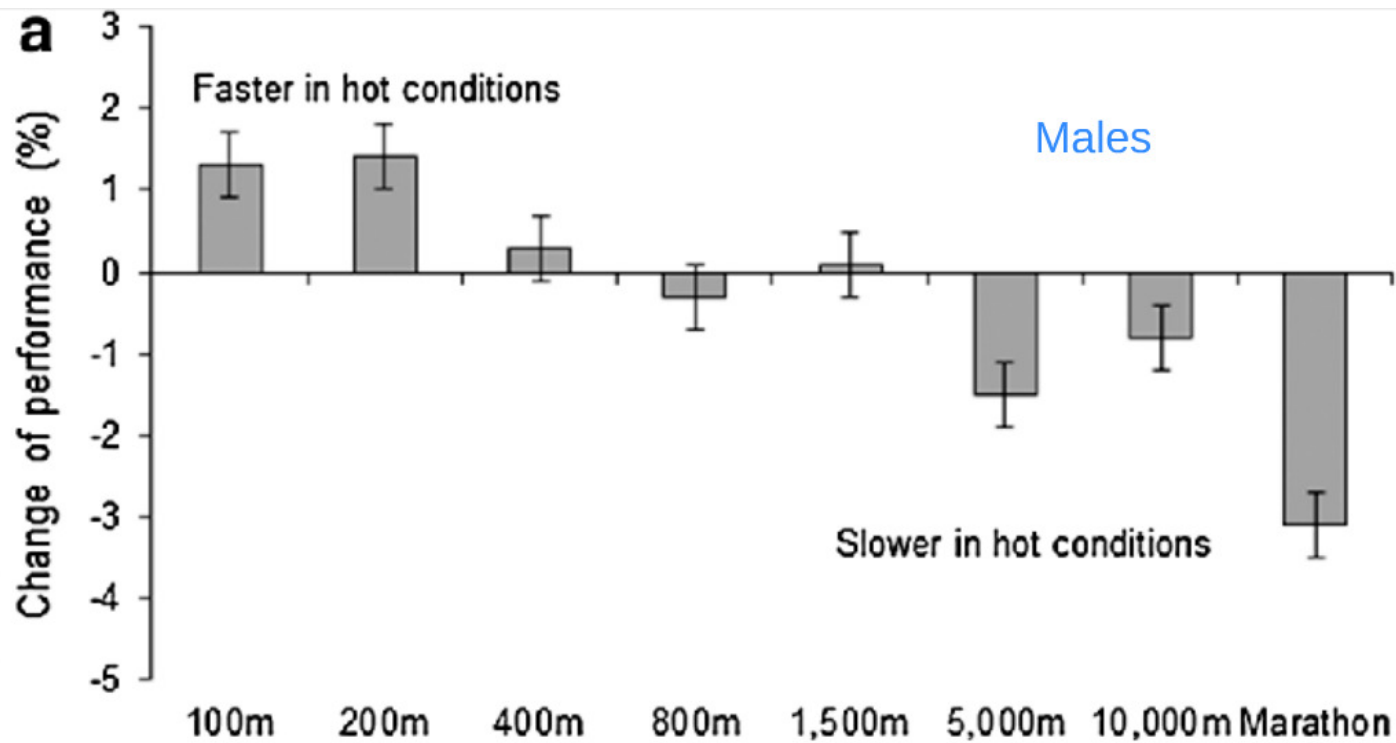
Specific interventions such as heat acclimatisation, pre-cooling and adopting a hydration strategy can help optimise performance in such challenging conditions



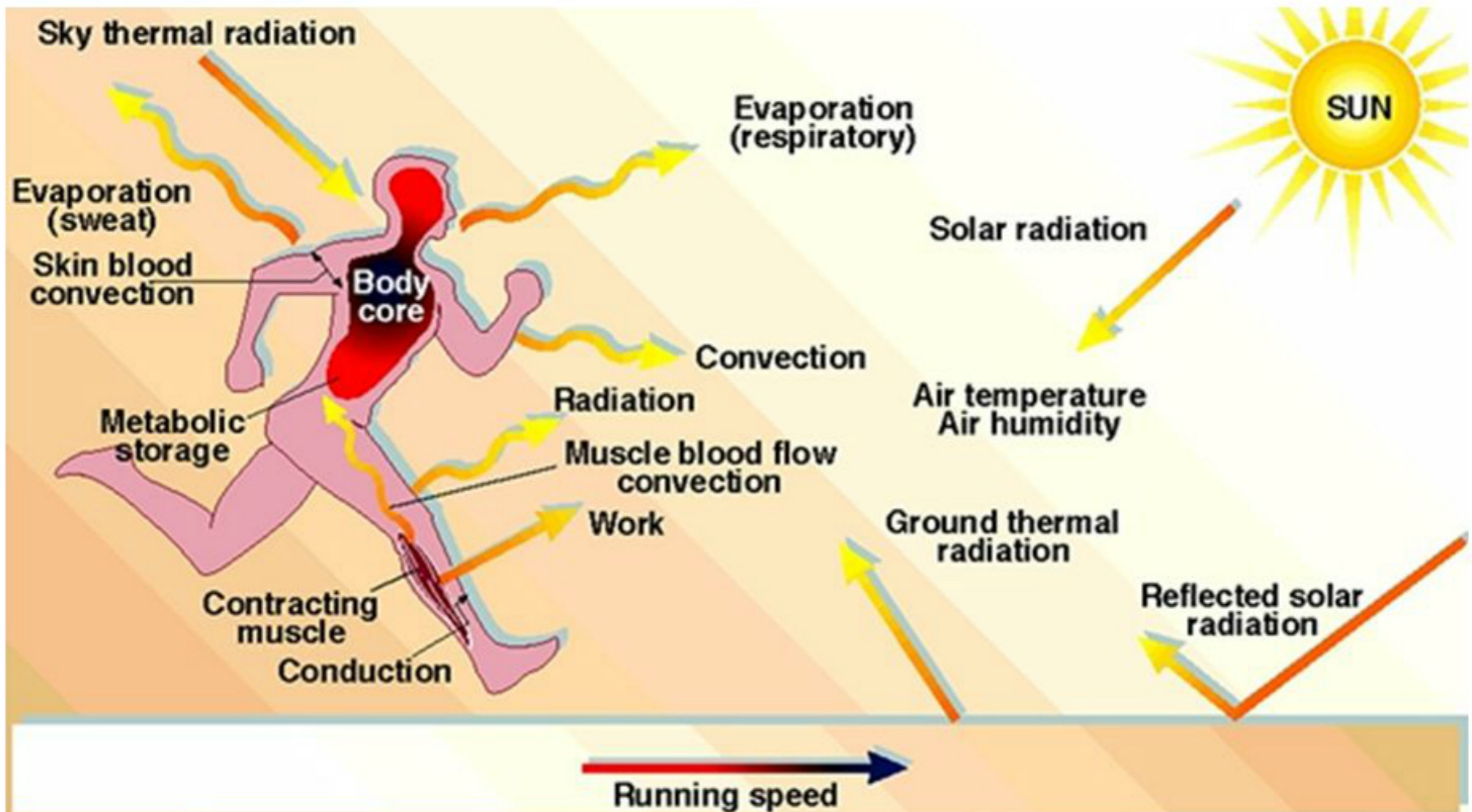
Periard et al. 2017 [2015 WC Study]

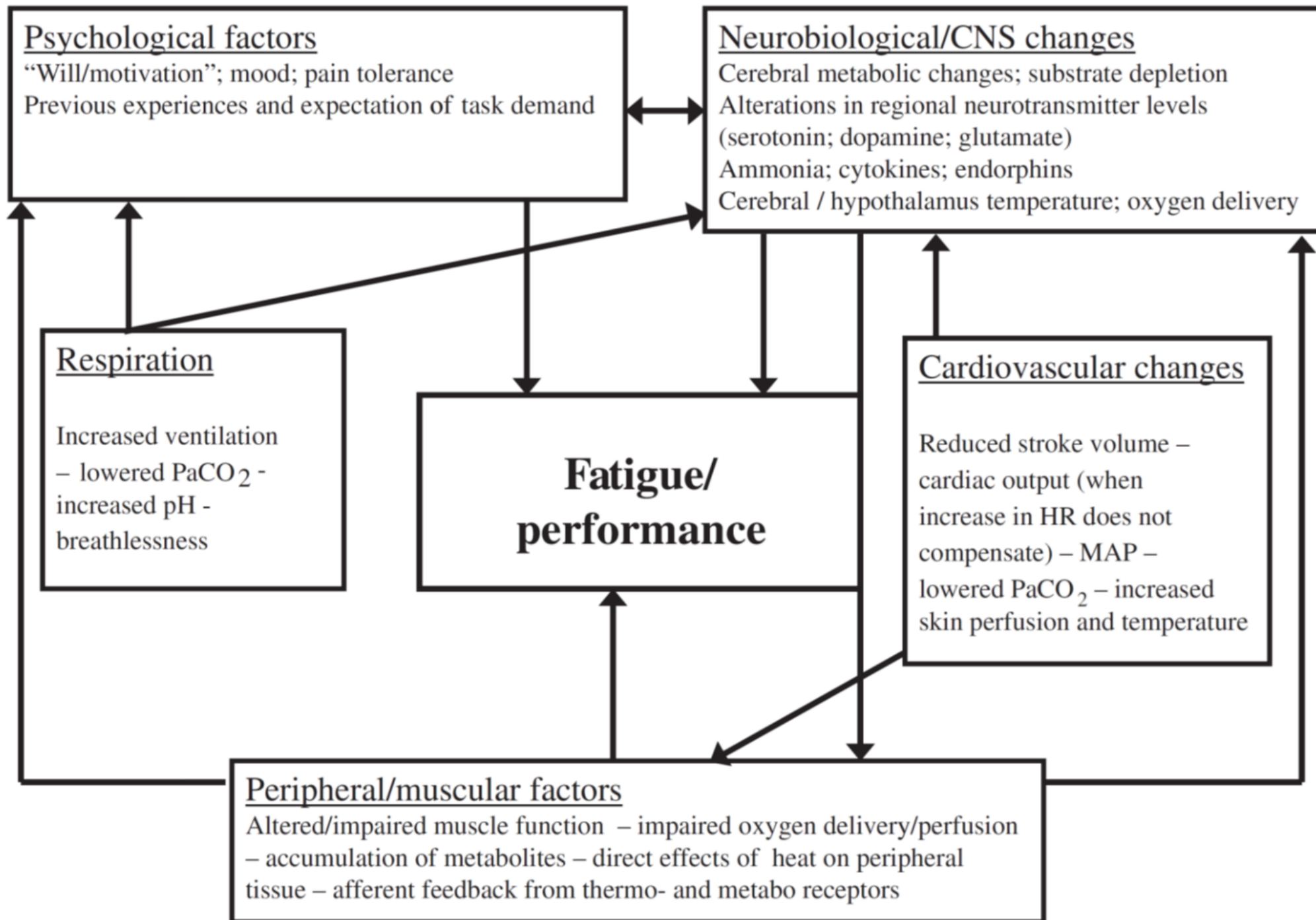
● Prepared in the Heat ● Did not Prepare in the Heat

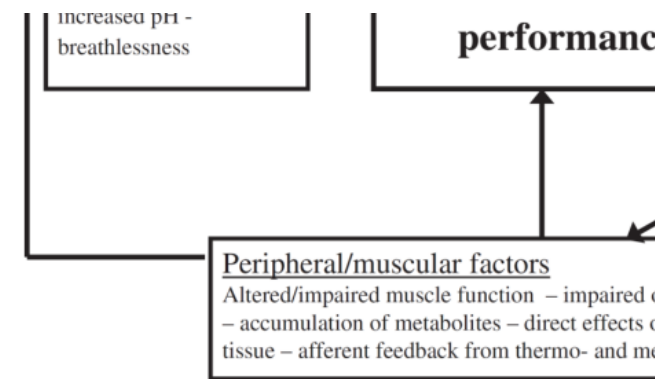




Heat Exchange During Exercise







Heat Adaptation



Heat Adaptation consists of training in hot and humid environments.

HA can reduce the risk of Heat Illness and can also improve performance

HA regimens lasting <14 days induce many beneficial physiological and perceptual adaptations to high ambient temperatures, and improve subsequent exercise performance and capacity in the heat

However, the extent of the adaptations is greatest when HA regimens lasting longer than 14 days are adopted.

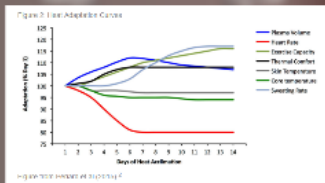


Figure 2: Heat Adaptation Curves

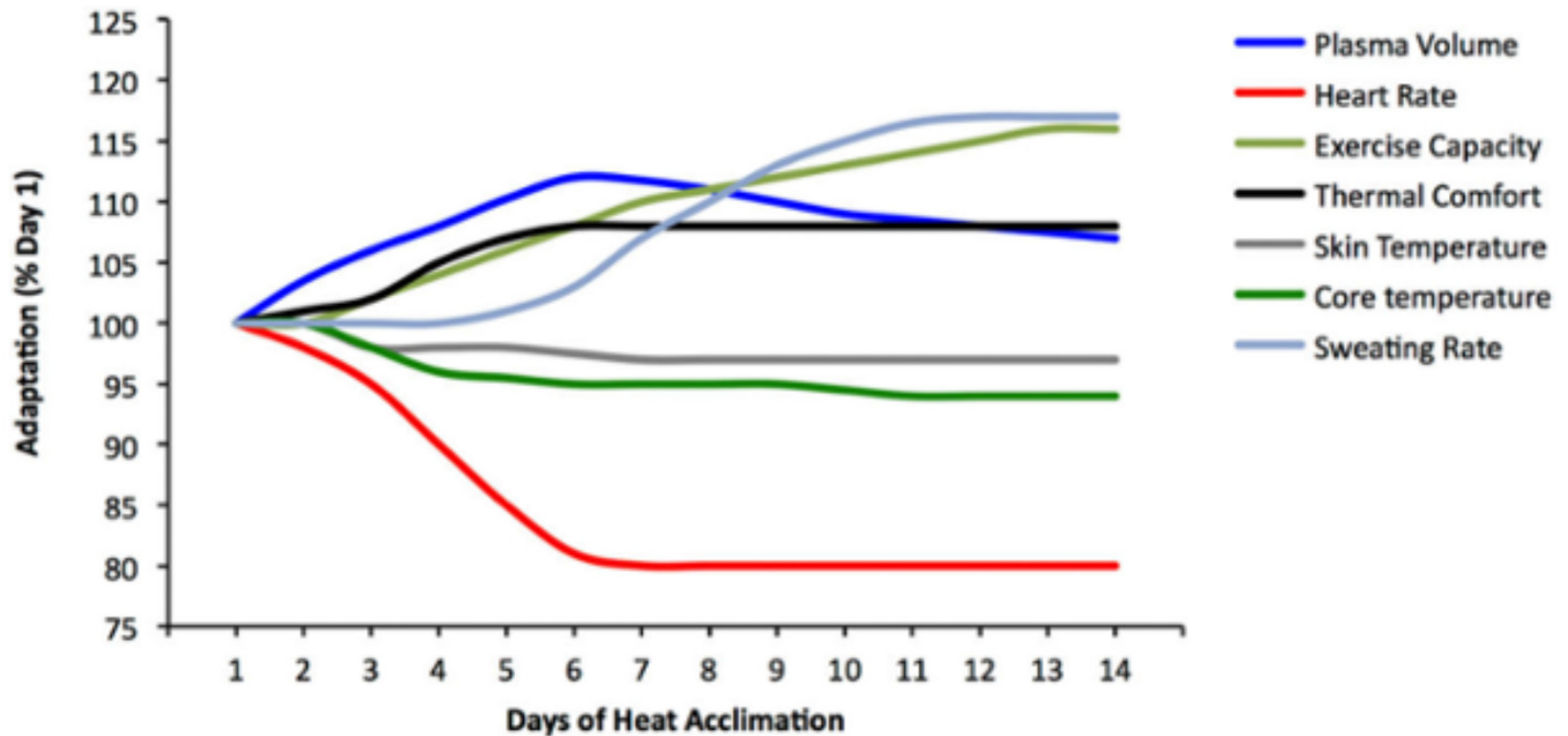
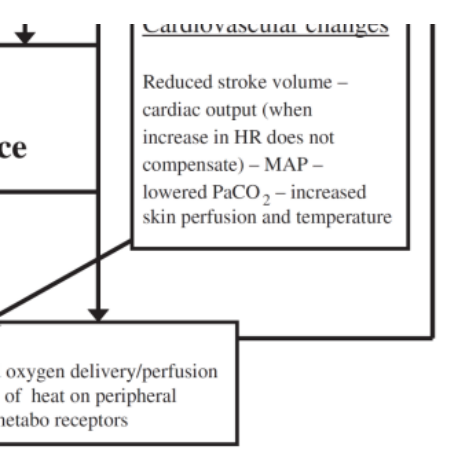
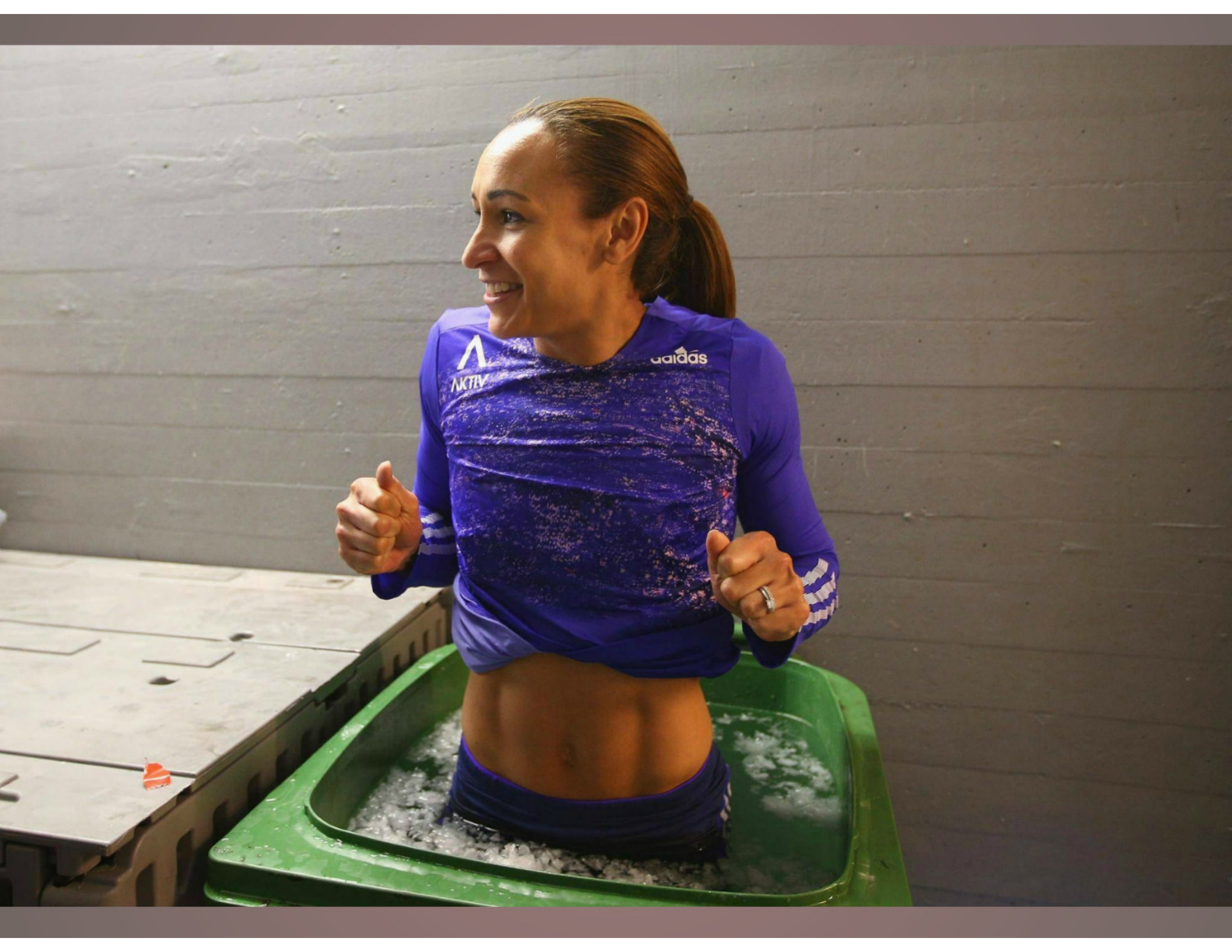


Figure from Periard et al (2015) ²



Cooling Strategies









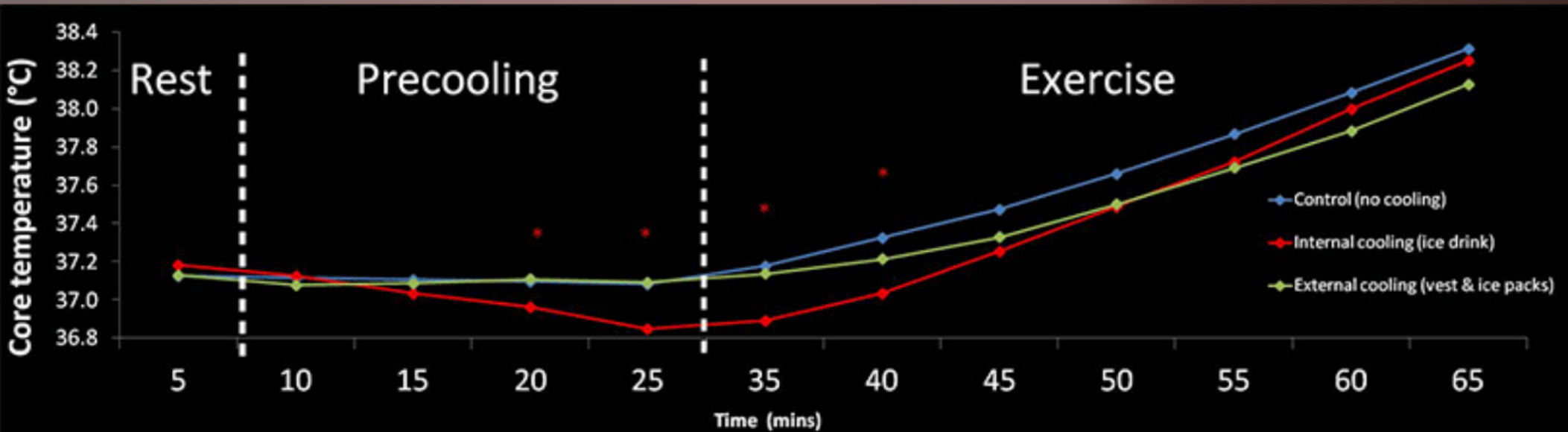
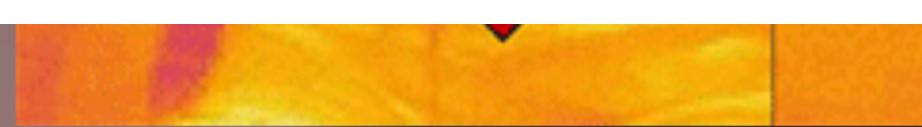
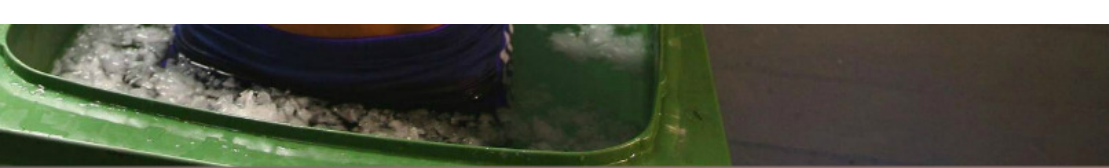


Figure 2: Response of T_{CORE} throughout protocol. Differences to CON displayed using * with respective colours ($p < 0.05$).





Beat the heat

IAAF World Athletics Championships Doha 2019
and the Tokyo 2020 Olympics





TOKYO 2020



> [Football](#)
[Baseball/Softball](#)

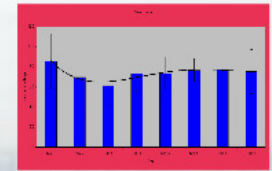
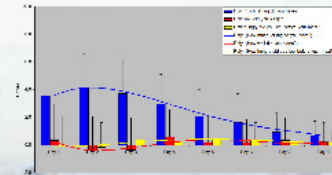
✈ Narita International Airport ▶

HERITAGE ZONE

TOKYO BAY ZONE

✈ Tokyo International Airport (Haneda Airport)

Getting there and competing



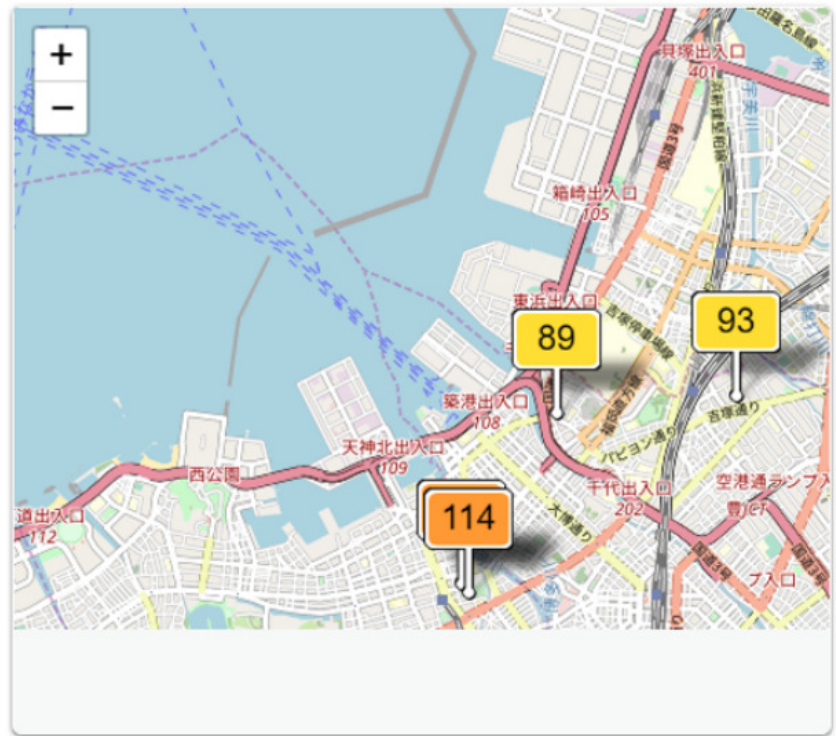
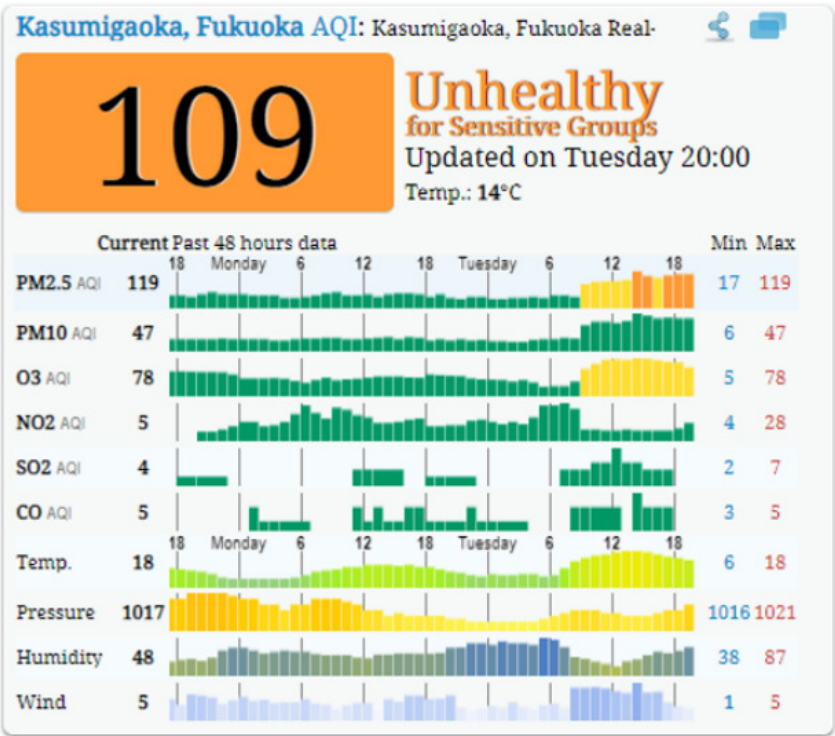
sociated Press Photo

Olympic Challenges

Kasumigaoka, Fukuoka Air Pollution: Real-time Air Quality Index (AQI)

KASUMIGAOKA, 香椎福岡市東区 YOSHIZUKA, FUKUOKA 吉塚福岡市博多区 CHIYO, FUKUOKA 千鳥橋福岡市博多区 TENJIN, FUKUOKA 福岡市役所福岡市中央区 TANAKA, FUKUOKA 篠栗篠屋都篠栗町 NISHIJIN, FUKUOKA 西新福岡市早良区

LOCATE THE NEAREST CITY SEARCH FOR YOUR CITY



AIR QUALITY FORECAST



Berlin Air Pollution: Real-time Air Quality Index (AQI)

BERLIN

MITTE,
BRUCKENSTRASSE,

NEUKOLLN-
NANSENSTRASSE,

NEUKOLLN-KARL-
MARX-STR. 76,

WEDDING-
AMRUMER STR.,

NEUKOLLN-
SILBERSTEINSTR.,



LOCATE THE
NEAREST CITY



SEARCH FOR
YOUR CITY



It seems that you are not located in [Berlin](#), and that the closest city from your location is [Doha](#) (distance 4891KM).

ok

No thank you.

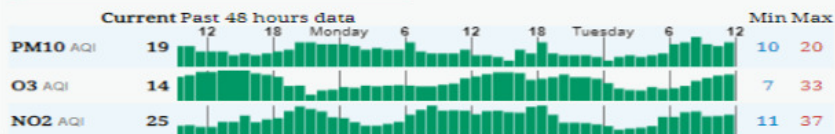
Do you want to see the [Manama US Embassy Air Quality Index](#) instead?

Berlin AQI: Berlin Real-time Air Quality Index (AQI).

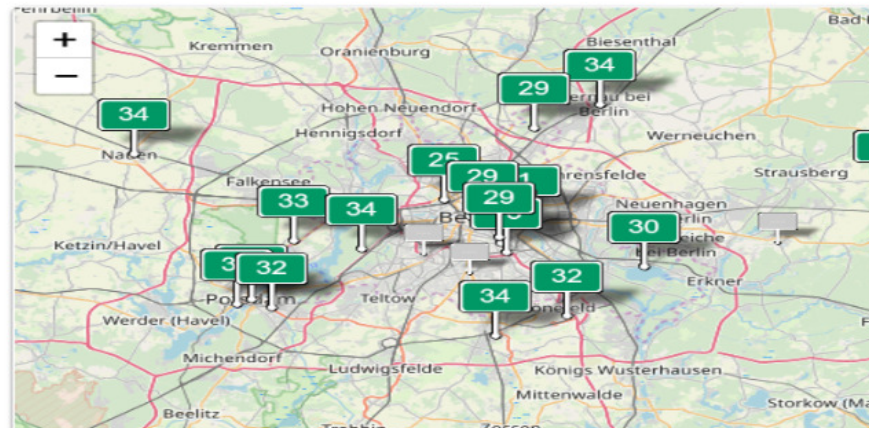
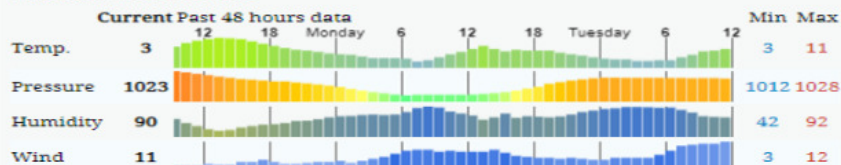
29

Good

Updated on Tuesday 12:00
Primary pollutant: o3



Weather Information



HOME

HERE

MAP

MASK

FAQ

SEARCH

CONTACT

LINKS



Paris Air Pollution: Real-time Air Quality Index (AQI)

PARIS

CHARLEROI

BRUSSELS

LONDON

LIEGE

ROTTERDAM



LOCATE THE NEAREST CITY



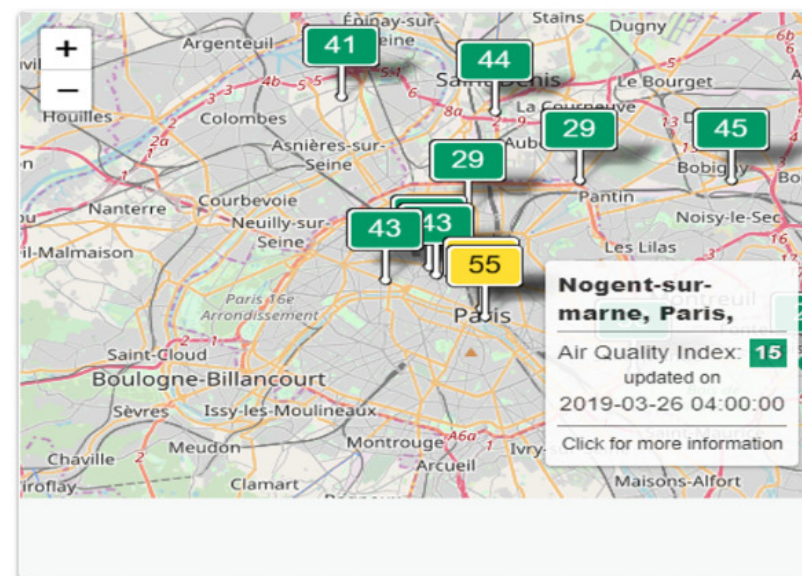
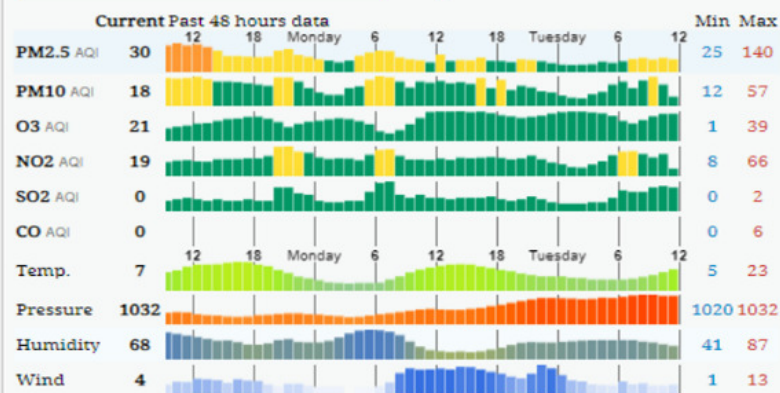
SEARCH FOR YOUR CITY

Paris AQI: Paris Real-time Air Quality Index (AQI).

55

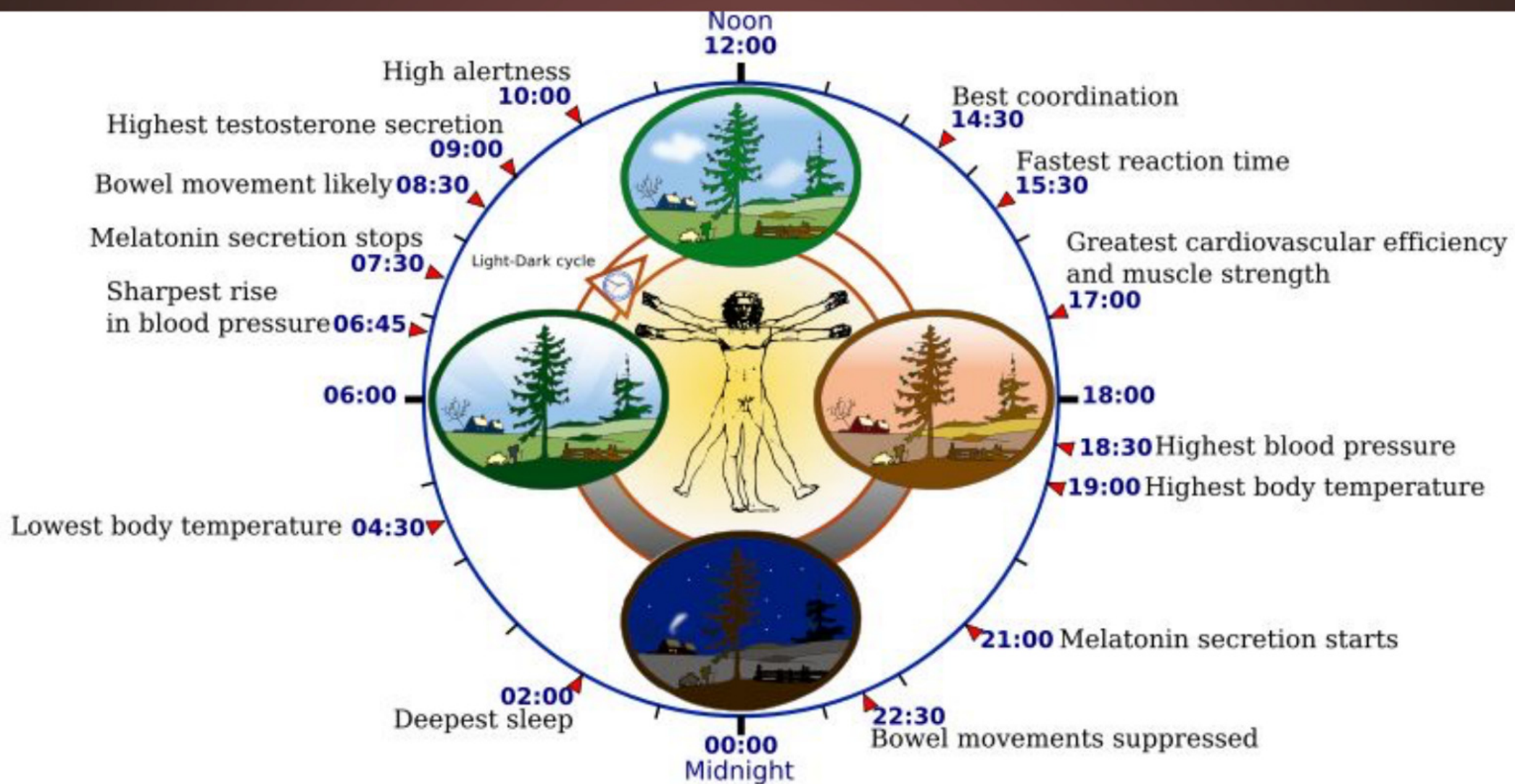
Moderate

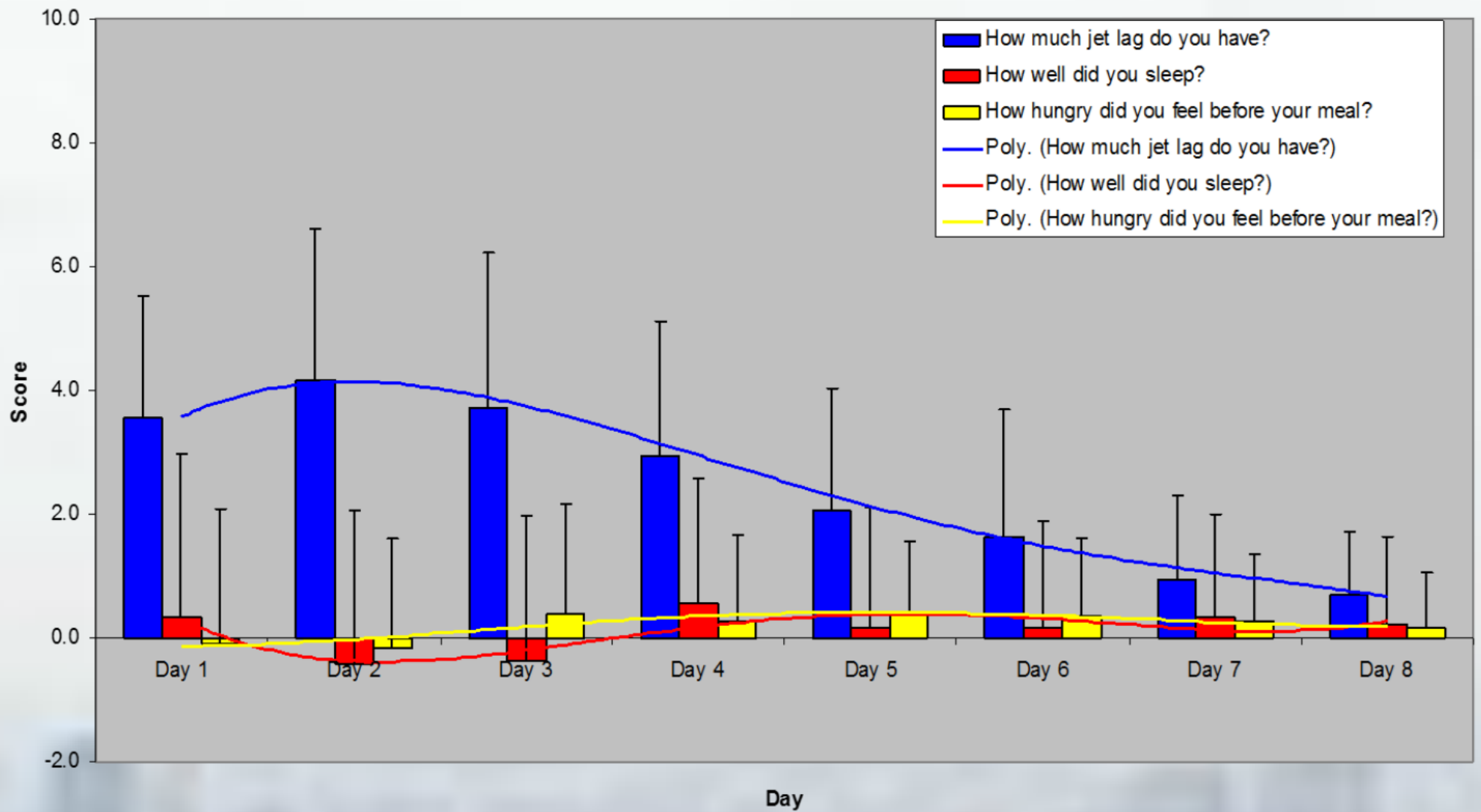
Updated on Tuesday 12:00
Temp.: 10°C



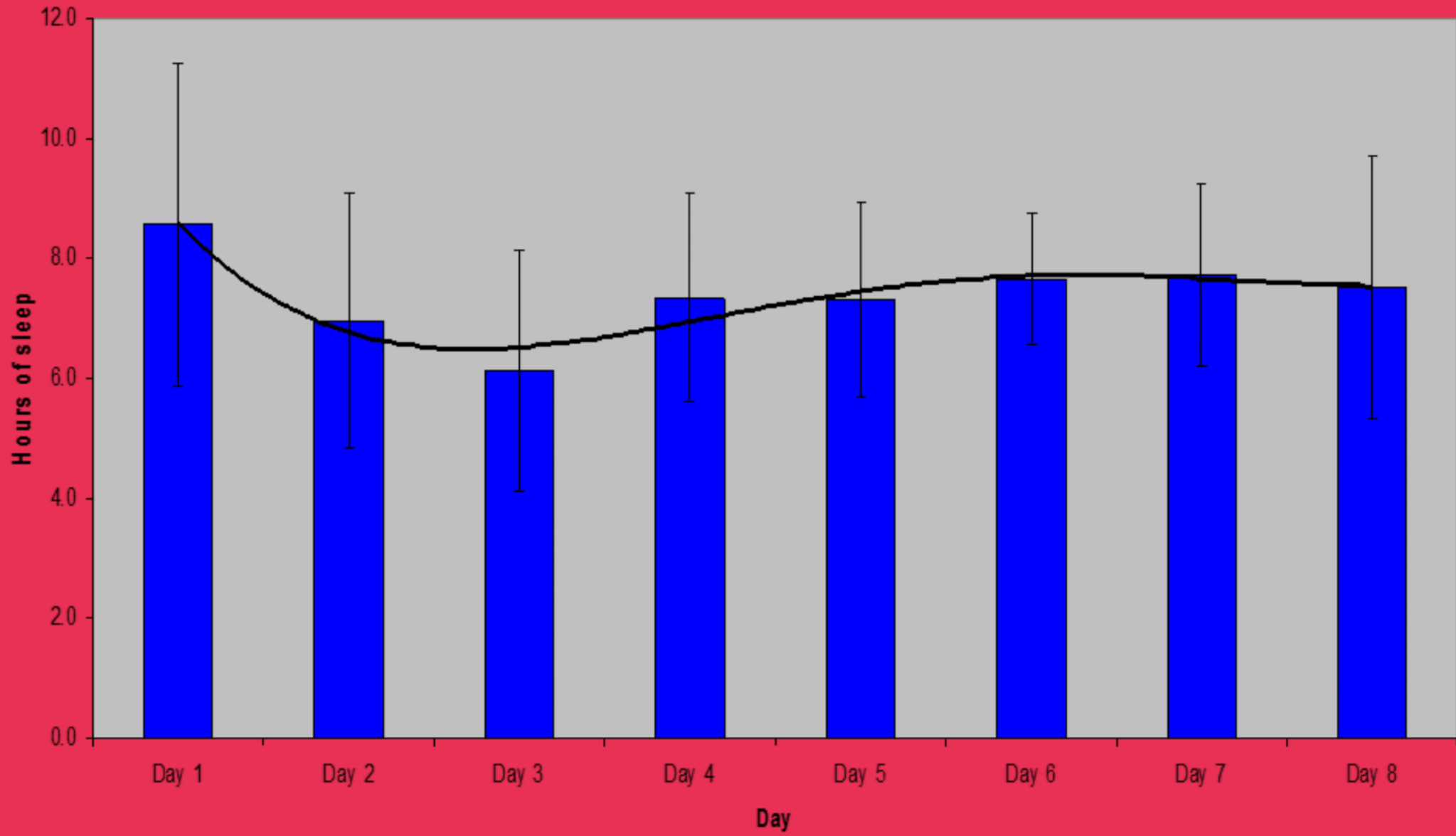
WORLD STANDARD TIME ZONES







Sleep Hours





Life in the Olympic Village



Support staff at the Olympics

CHECKLIST

<input checked="" type="checkbox"/>	
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- Plan the season in DETAILS - You may need to be clever with competitions
- Identify where and how long you are going to stay to prepare the Olympics
- Develop strategies to cope with the heat appropriate to your athlete and his/her event
- Take into account travel and jet lag issues when planning training/travelling
- Who are the most important people for your athlete's performance? What do they do? Can you get them accredited in the Olympic Village and Competition venue?

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International Conference on Medicine and Science in Athletics

3rd - 5th May 2019

Aspire Academy Football High Performance Center

Registration now open