



2025 World Championships

Planning Considerations

Replicating Tokyo Success

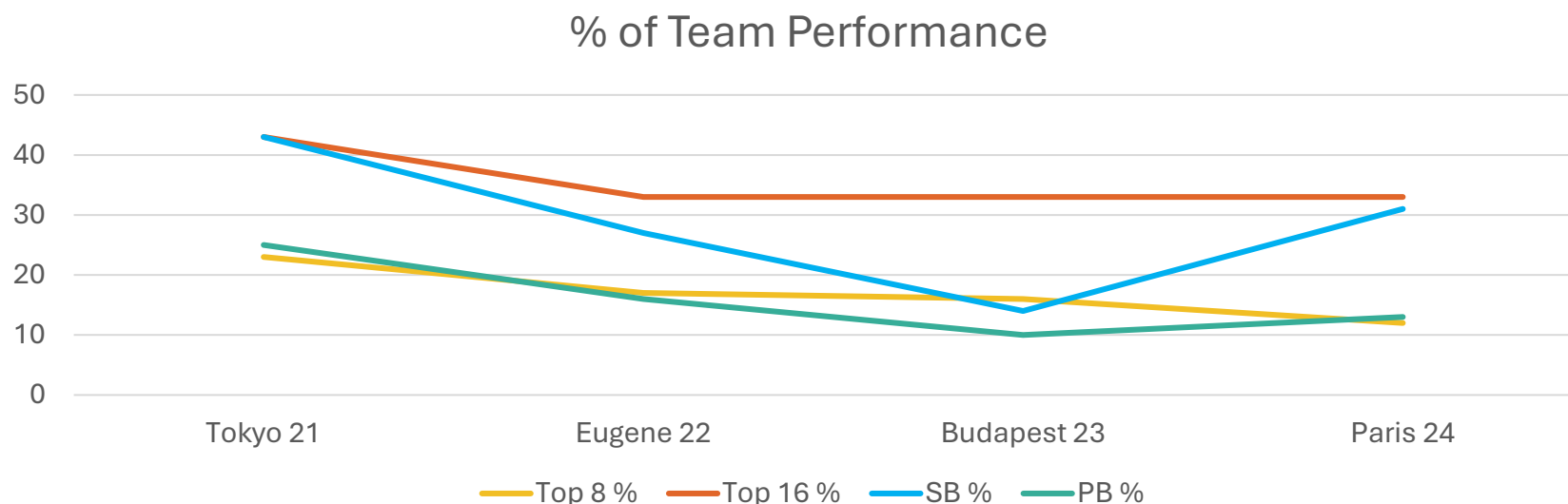


- Much later BME coming in September after the conclusion of the European season
- Very different World Championship environment
 - Single hotel for all teams
 - Warm Up venues not adjacent to stadium
 - Only one training venue
- Risks
 - Too long in semi-rural Japanese environment
 - Too long in hotel with all other countries
 - Being derailed by a difficult circumstances
- Opportunities
 - Two staging locations creating Australian environments
 - Cairns offers a familiar environment in warm climate
 - Similar time zone with direct flight to Narita
 - Short staging time in Japan

An Australian preparation can be effective



Team	Team Size	# Events	Gold	Total Medals	Top 8	Top 16	SB	PB	NR
Tokyo 21	64	60	0	3	14 (23%)	26 (43%)	26 (43%)	15 (25%)	4 (7%)
Eugene 22	63	64	2	3	11 (17%)	21 (33%)	17 (27%)	10 (16%)	2 (3%)
Budapest 23	66	70	1	6	11 (16%)	23 (33%)	10 (14%)	7 (10%)	3 (4%)
Paris 24	75	75	1	7	9 (12%)	25 (33%)	23 (31%)	10 (13%)	3 (4%)



Cairns Preparation Camp

10 mins to airport / 5-8 mins to track



←

Search Google Maps

🔍


✕

Cairns

🔒 Private 5 places

⋮

🔗 Share




Iron Strength Power & Performance

5.0 ★ (154)

Gym

+ Note




World Gym Cairns

4.4 ★ (229)


Gym

+ Note



Barlow Park Sporting Complex

Parramatta Park QLD 4870




Cairns Airport

3.9 ★ (2,822)


International airport

+ Note

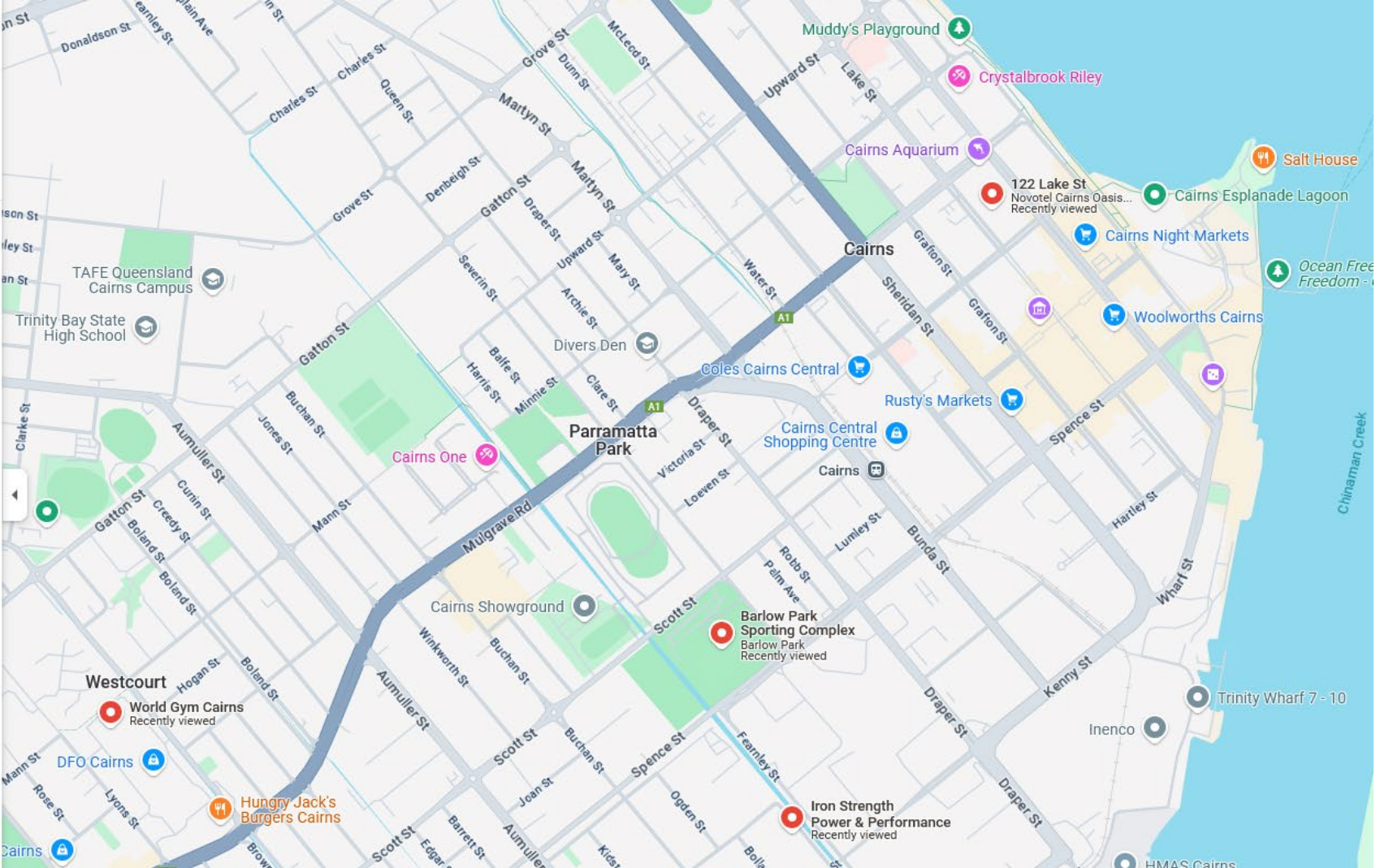


122 Lake St

Cairns City QLD 4870



Novotel Cairns Oasis Resort



The map displays the Cairns city area with various streets and landmarks. A blue line highlights a route starting from the airport area (near the bottom left) and heading towards the city center. Key locations marked include:

- Streets:** Donaldson St, Carlyle St, Main Ave, Charles St, Queen St, Martyn St, Grove St, Denbigh St, Gatton St, Draper St, Upward St, May St, Severin St, Balfe St, Harris St, Minnie St, Clare St, Victoria St, Loewen St, Scott St, Buchanan St, Winkworth St, Aumuller St, Mann St, Jones St, Boland St, Creedy St, Cunin St, Spence St, Harter St, Wharf St, Draper St, Kenny St, Inenco, HMAS Cairns, Ogden St, Barrett St, Edger, Krist, Lyons St, Rose St, Mann St.
- Landmarks and Points of Interest:**
 - Muddy's Playground
 - Crystalbrook Riley
 - Cairns Aquarium
 - 122 Lake St Novotel Cairns Oasis... Recently viewed
 - Cairns Esplanade Lagoon
 - Salt House
 - Cairns Night Markets
 - Woolworths Cairns
 - Ocean Free Freedom
 - Coles Cairns Central
 - Rusty's Markets
 - Cairns Central Shopping Centre
 - Cairns
 - Parramatta Park
 - Cairns One
 - Cairns Showground
 - Barlow Park Sporting Complex Barlow Park Recently viewed
 - Iron Strength Power & Performance Recently viewed
 - Hungry Jack's Burgers Cairns
 - World Gym Cairns Recently viewed
 - DFO Cairns
 - Trinity Bay State High School
 - TAFE Queensland Cairns Campus
 - Trinity Wharf 7 - 10

Cairns



Barlow Park



Novotel Cairns

Cairns Barlow Park Availability



We have been working with Cairns Council to get access on the days where they have existing bookings.

- 23-25 AUG Evening Only (Peninsula School Carnival)
- 30 AUG Morning Only (Northern Pride Rugby League Match)
- 3 SEP After 3pm only (Wednesday)
- 6 SEP Unavailable (Saturday)
- Daily 4pm – 7pm Open Community Training
- Friday Nights 5pm onwards – Cairns Athletics Club Nights

Juntendo Staging Camp

Narita 20 mins by train / 30-40 mins by road

←

Search Google Maps

🔍


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Juntendo Training Camp

🔒 Private: 5 places

⋮

🔗 Share




Wishton Hotel Yukari

3.8 ★ (720)

3-star hotel

Located above Yukarigaoka Station on the Keisei Line.




Joza Sogo Park

3.9 ★ (347)

Park

1km from hotel. Option for light jogging / walking.




Iwana Athletic Park

3.8 ★ (333)

Athletic field

Newly resurfaced. 50m pole vault runway.




Dutch Windmill Liefde

4.1 ★ (412)

Tourist attraction

This is a good place to base for training around the lake. Car parking, toilets, water, vending machine, bike hire.

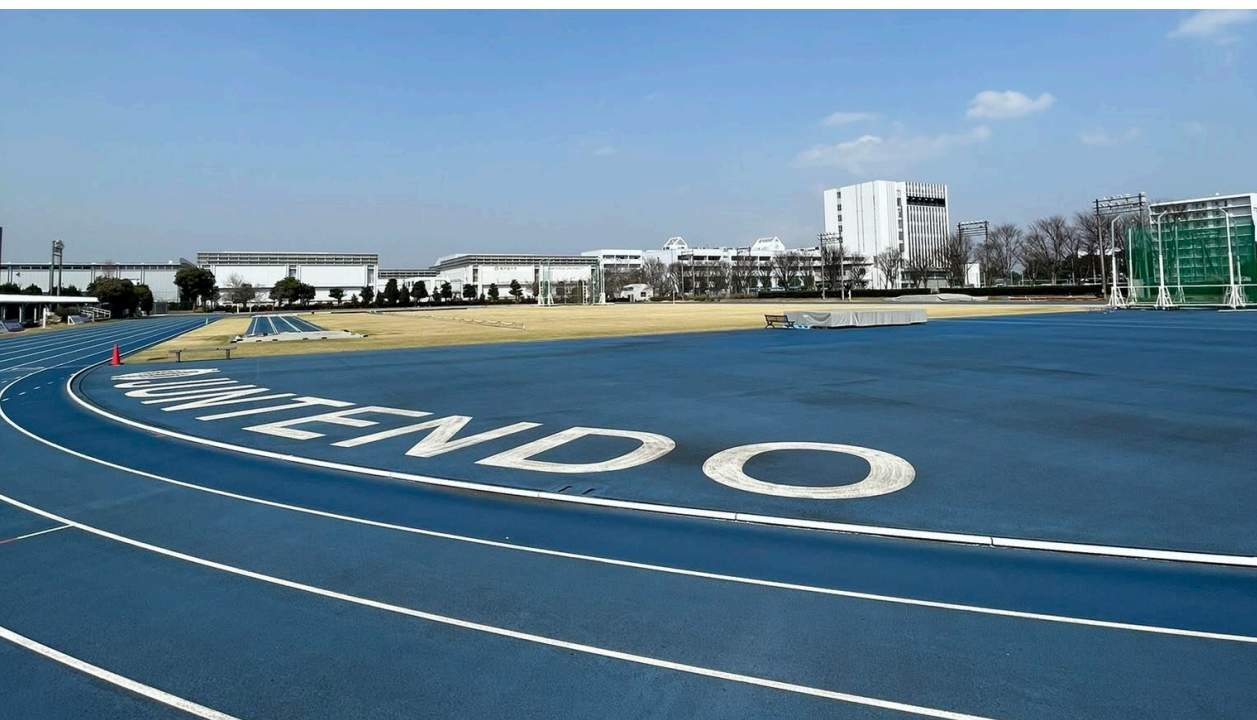


Juntendo University Sakura campus

3.6 ★ (58)

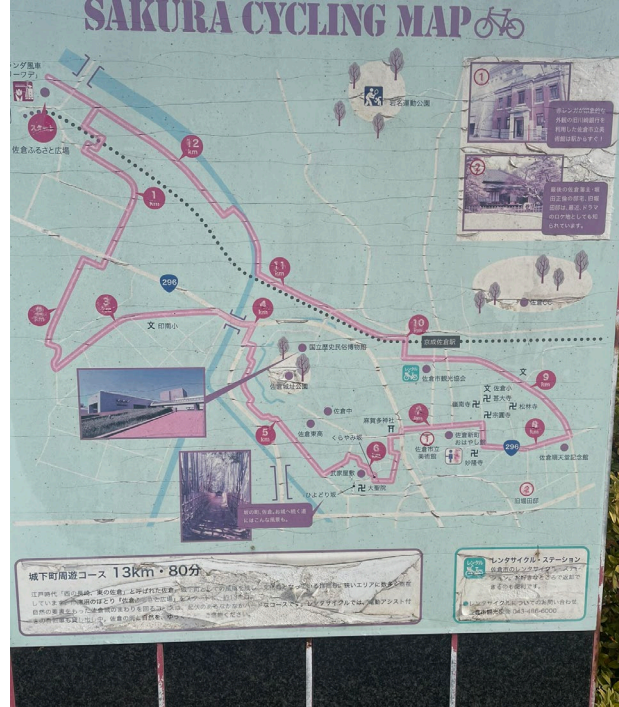
Private university

+ Note



Juntendo Facilities

- Well equipped gym
 - 6 lifting platforms
- Soft trail around perimeter of track and facilities
 - Approx 1.2km
- 50m pool
- Hot and Cold baths



Running & Walking Options

- Cycle path has 20+ km around the lake
 - Is about 4km from Wishton Hotel
- Joza Sogo Park is 1km from Wishton Hotel
 - Open sports fields
 - Paved path around perimeter of approx. 1.8km.

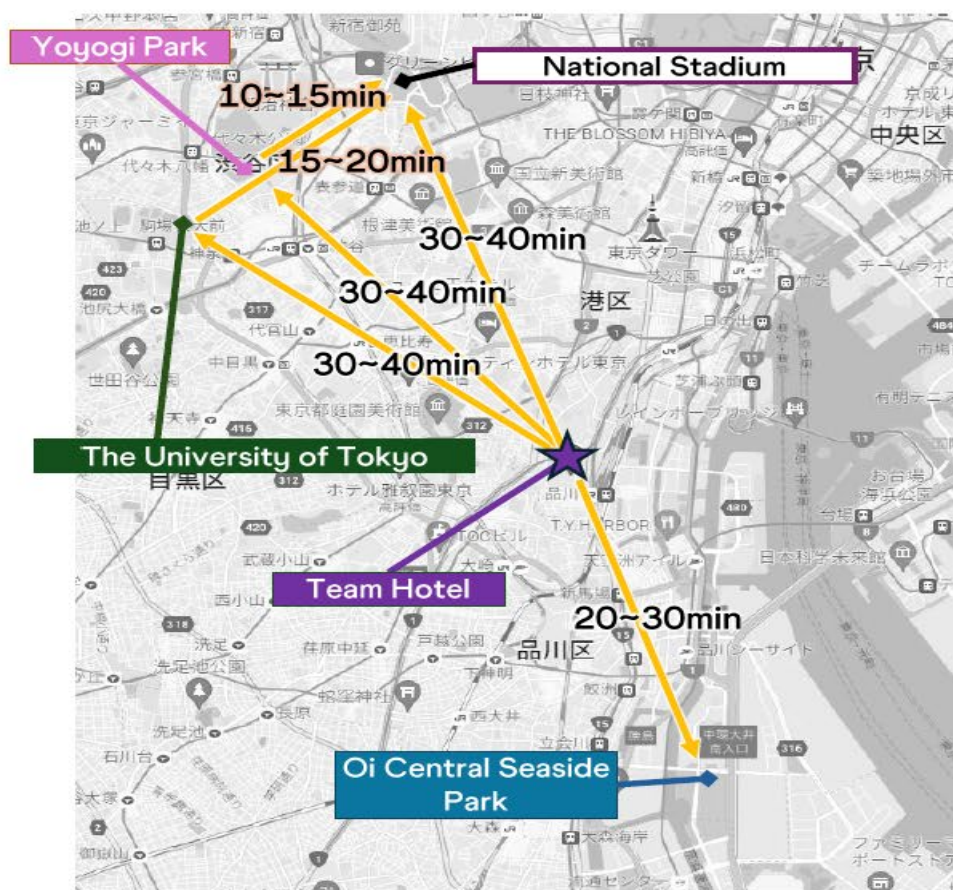


Wishton Hotel

- East wing completely renovated and opened this year.
 - Variety of single and twin rooms.
 - Small bathrooms
 - Larger bathroom in older main tower
- 5 x Coin Laundry in hotel
 - Larger commercial coin laundry 500m
- Medium size shopping centre 500m
- Train station under hotel
 - 60 mins to Tokyo

Tokyo Venues

Venue Map



■ National Stadium

- **Competition venue**
- 400m track with 9 lanes



■ Yoyogi Park

- **Warm-up venue** for all events except shot put, discus, hammer and javelin
- **Cool down venue**
- 400m track with 8 lanes
- Open days: 13-21 September



■ The University of Tokyo

- **Warm-up venue** for shot put, discus, hammer and javelin
- **Training venue** for discus, hammer and javelin
- 400m track with 7 lanes
- Open days: 9-21 September



■ Oi Central Seaside Park

- **Training venue** for all events except discus, hammer and javelin
- 400m track with 8 lanes
- Open days: 9-20 September



Tokyo Venues

← Search Google Maps 🔍 ✕

Tokyo 2025 Venues

🔒 Private-5 places

🔗 Share



Athletic Stadium

3.9 ★ (233)

Athletic track

+ Note



Athletic Field 1

3.9 ★ (15)

Athletic track

+ Note



Oda Field

4.2 ★ (356)

Temporarily closed

+ Note



Shinagawa Prince Hotel

4.0 ★ (19,734)

4-star hotel

+ Note

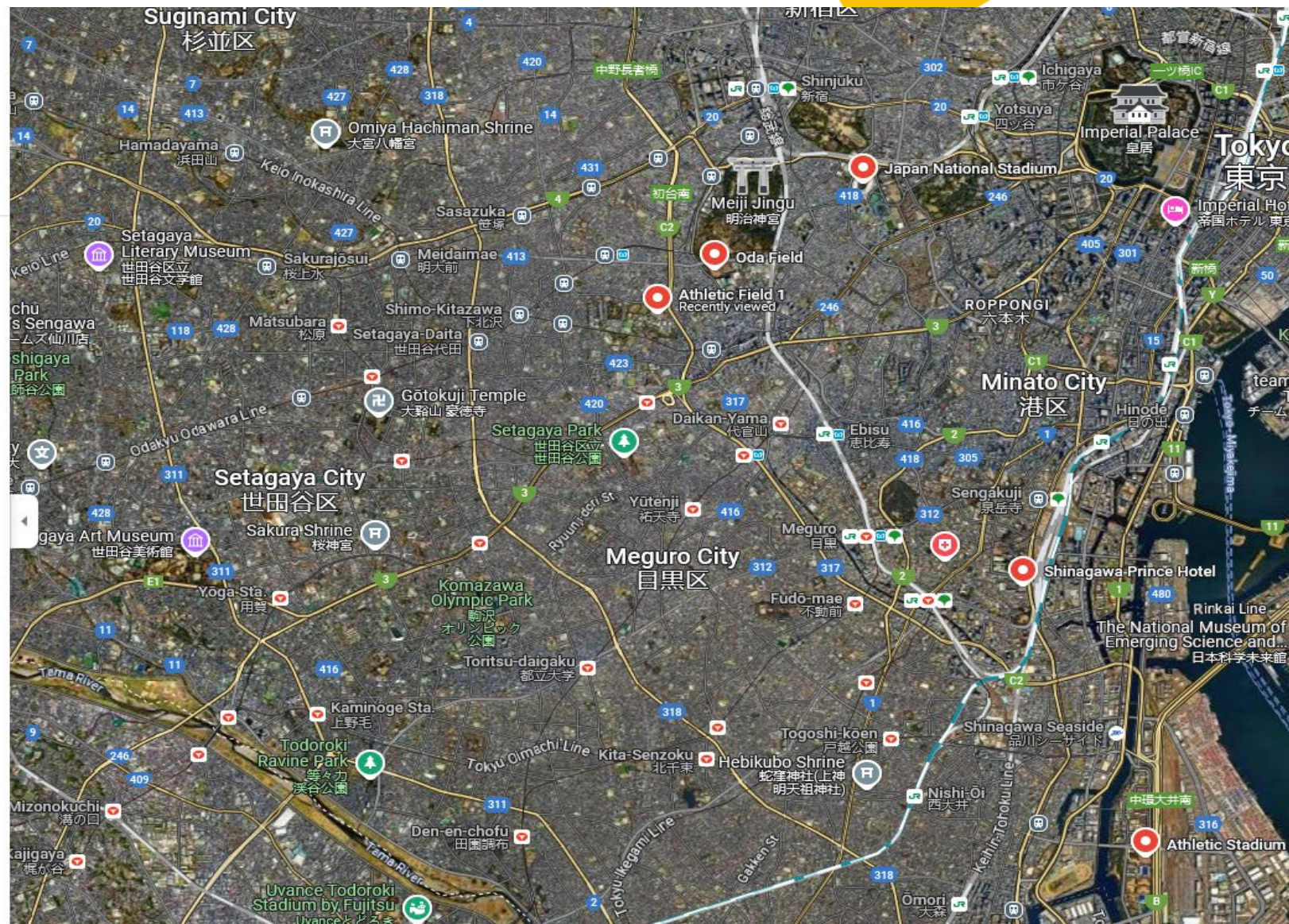


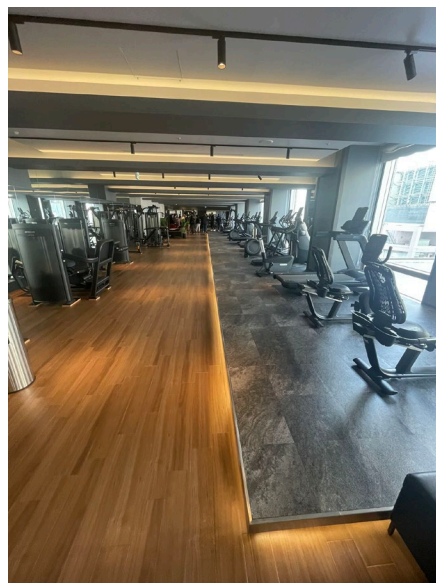
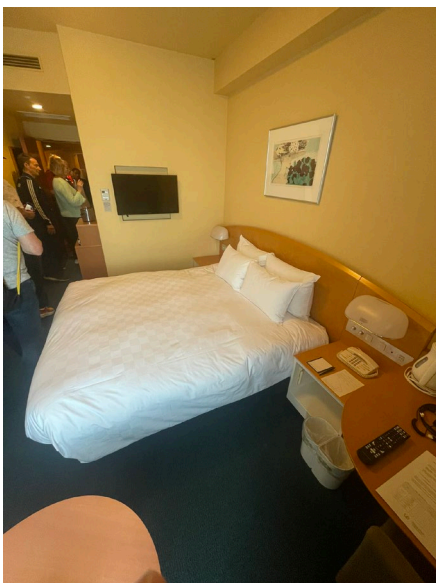
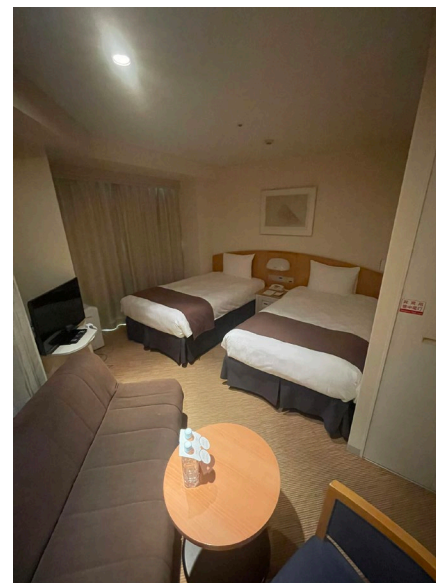
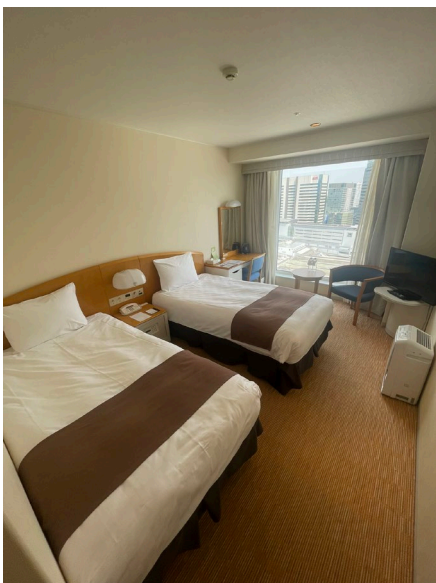
Japan National Stadium

4.2 ★ (6,103)

Stadium

+ Note





Shinagawa Prince Hotel

- One hotel for all teams and athletes
 - Rooms are small
 - Space for treatment rooms is minimal
- 14 x Coin Laundry in hotel for all nations
- Bowling Alley, Imax Cinema
- Train station across road from hotel

Timeline



- 21-27 JUL World University Games (Bochum GER)
- 12 AUG Last Gold Meet (Budapest HUN)
- 20 AUG Last Silver Meet (Szombathely HUN)
- 22 AUG Cairns Camp “Soft” Opening
- 24 AUG Qualifying Period Ends
- 27-28 AUG Diamond League Final (Zurich SUI)
- 29 AUG Cairns Preparation Camp Open
- 31 AUG Last Bronze Meet (Padova ITA)
- 05 SEP Juntendo Staging Camp Open
- 11 SEP Tokyo Hotel Open
- 13 SEP Championships Begin

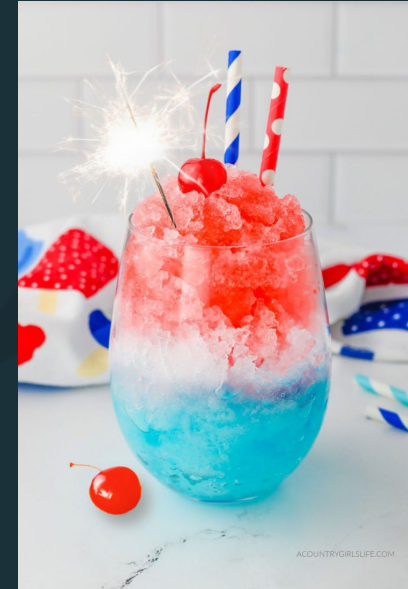


Heat and travel considerations for Tokyo World Championships: a discussion

Avish

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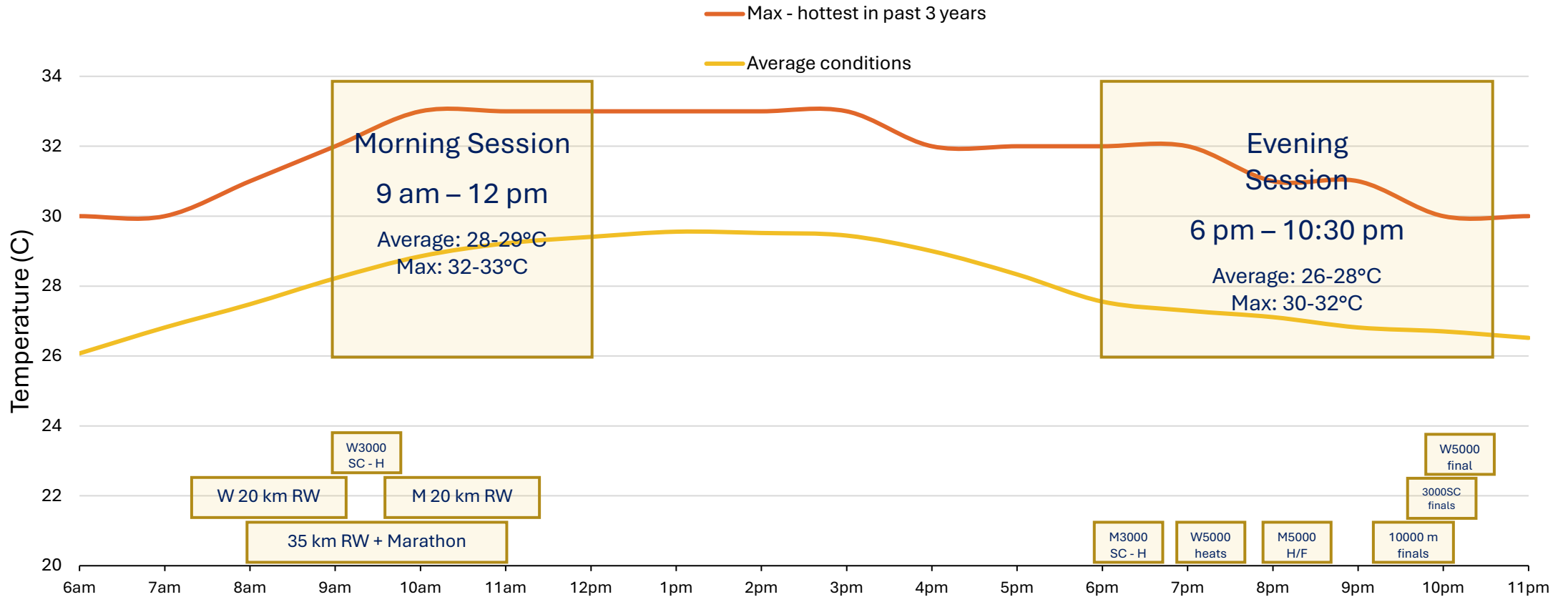




WORLD ATHLETICS
CHAMPIONSHIPS
TOKYO 2025

Tokyo World Athletics Championships

13-21 September 2025

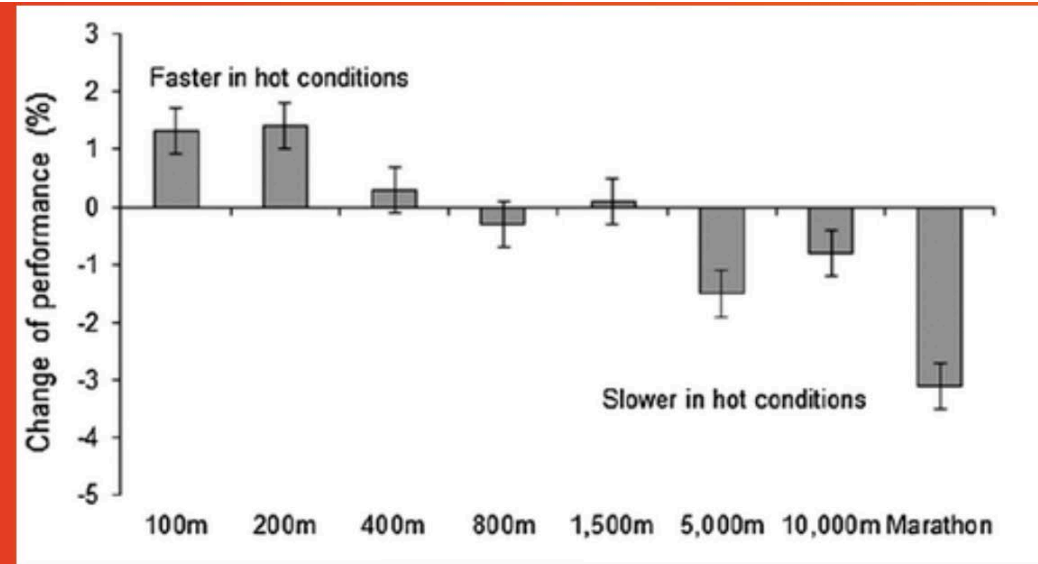


High humidity – 60-100%,
peaking in morning + evening (i.e.
during competition sessions)

Sunrise: 5:30 am
Sunset: 5:45 pm

DOES EVERYONE NEED TO DO SPECIFIC HEAT PREPARATION?

No. Longer events are most affected by heat, and so those athletes should specifically prepare for *competing* in the heat. However....



All athletes should be prepared for *daily living and training* in heat and humidity. Whilst a single sprint, mid-distance race, jump or throw may not be impaired (could actually be enhanced!), long periods exposed to heat / humidity (either in training, competition or daily life) can lead to fatigue and poor performance if not managed appropriately.

Event specific recommendations for competition

- Sprint / field / multi events / 800 m / 1500 m:
 - Cairns staging camp / Juntendo holding camp / European summer is sufficient to prepare you
- Steeplechase / 5000 / 10000 m:
 - in addition to acclimatisation at Cairns / Juntendo / European summer, it is recommended athletes consider heat acclimation
- Marathon / race walk:
 - heat training is essential

Main risk is overdoing heat preparation

- Sprint / relays
- Field
- Multis
- 800 m
- 1500 m

Some risk of underdoing heat preparation (but could also overdo it...)

- steeple / 5 / 10 km
- Marathon
- Race walking



Considerations



- Doing heat work earlier in the prep means you can focus on training and recovery during the lead into competition, and avoid the risks of cramming in heat acclimatization last minute – i.e. athletes being cooked
 - Quality of training / overall fitness / health is more important than heat exposure
- Need your help in shutting down negative chat regarding the heat – overall, we have a competitive advantage in this area and will be well prepared
- Adjustment of training loads in the heat and around travel – controlling volume / duration. Timing of final key sessions
- Sweat evaporating to cool down doesn't work so well in high humidity – slushies are more effective, and are an option *in competition* for many events – **rehearse**

Travel

- Considerations:
 - Training / preparation / peaking – timing of final key sessions
 - time zone adaptation
 - acclimatizing to conditions, but not spending too much time exposed to challenging heat / logistics
- Two main options for athletes competing in Europe
 - Europe > Cairns (via home) > Tokyo
 - Cairns weather August / September 2024– max 28-33 C, humidity 70% +
 - Takes care of time zone adjustment and final heat adaptation
 - Cairns > Narita Jetstar flight – 7.5 hours, 1140 to 1805
 - Europe > Tokyo
 - 13-14 hours, arrive next day
- For those travelling direct from Europe, 7-9 days prior (not earlier) to competition is suggested
- For those travelling from Cairns, 3-5 days prior to competition is sufficient

	Tokyo, Japan JST (UTC +9)	Sat, 13 Sep 2025
	London, United Kingdom BST (UTC +1) 8 hour(s) behind	Sat, 13 Sep 2025
	Brussels, Belgium CEST (UTC +2) 7 hour(s) behind	Sat, 13 Sep 2025
	Sydney, Australia AEST (UTC +10) 1 hour(s) ahead	Sat, 13 Sep 2025

Arrival Options and Considerations



- Option 1:
- Via Cairns 3-5 days pre-event
- Nonstop daily Jetstar flight from Cairns to Narita Airport
 - Departs at 1140 and arrives at 1805
 - 7 hours 25 minutes flight time.
- Transfer from Narita to Wishton Hotel 30-40 minutes
- Medical follow up as required
- Travel to Tokyo from holding camp in following days (~1 – 1.5 hours)

- Option 2:
- Via Europe / North America / Elsewhere 7-9 days pre-event
- Medical check pre travel to holding camp
- Arrival to holding camp and medical review
- Need to consider what access to facilities and medical in the lead up to holding camp (Consider ETC if in Europe)
- Travel to Tokyo from holding camp in days pre-event (~1 – 1.5 hours)

Medical Set Up



- Cairns:
 - Australian System
 - Docs, Accessible Radiology, Procedures, Bloods, Medications
 - Physio, Soft Tissue
 - Gym + Track within 5mins
 - Recovery within Hotel
- Juntendo University:
 - Doc, Physio, Soft Tissue with Team
 - Gym and Track ~30min away
 - Recovery at Track (Potential to have something at Accom)

Medical Set Up



- Tokyo
 - Doc, Physio, Massage
 - Medical set up and recovery predominantly set up at “Track Events” Warm Up Track. Ideally athletes to come back through post event.
 - Small medical set up at Hotel for emergency or athletes between rounds (shared designated area).
 - Potential ice bath in hotel bath tub. Need to source ice. Secondary preference to using Warm Up Track.
 - Unable to be at all track locations (training track). Focus will be on competing athletes.
 - May need to consider heading back to Juntendo if high needs

Athlete Funding



- Categorised athletes at Podium Ready and above will receive tailored campaign funding.
 - Agreed plan with their SPA and Scott Goodman.
- Athletes that are not receiving campaign funding but are tracking well in relation to 2025 Tokyo WCs selection will be allocated a \$3,000 travel subsidy to assist them to prepare between now and August.
 - Will need to provide a plan before the subsidy is released.
- Full board in Cairns Preparation Camp from 29 August.
- Full board at Juntendo Holding Camp from 05 September.

Coach Funding



- Coaches of categorised athletes at Podium Ready and above will receive tailored campaign funding.
 - Agreed athlete plan with the SPA and Scott Goodman.
- Access to
 - Cairns Preparation Camp from 29 August.
 - Juntendo Holding Camp from 05 September.
- Use best endeavours to provide a P coach accreditation pass for coaches of athletes in individual events.
 - The number of passes available for Australia is ultimately determined by the size of the team.

European Training Centre (ETC)



3. Images and HP Services



OUTDOOR DINING AREA



MEETING ROOM



DINING HALL



OUTDOOR SPACE



STRENGTH AND CONDITIONING GYM



MEDICAL ROOM



HOT & COLD RECOVERY POOLS



PHYSIOTHERAPY LABORATORY



- 28 twin-share rooms with ensuite, including seven wheelchair accessible rooms
- Strength and conditioning gym
- Recovery centre with hot and cold pools
- Dining hall with access to 24/7 Snack Bar
- Equipment storage – short or long term
- Laundry
- Free WiFi access
- Quiet zones for study
- Massage and physiotherapy treatment rooms
- Sports science laboratory
- AIS medical support (only during summer season)
- Conference and meeting rooms
- TV and games rooms
- Accessible self-catering kitchen
- City Bike / Road Bike Hire – Full or Half Day
- 8-9 seater vehicles - Full or Half Day Hire

Bookings coordinated through Nathan at AA.

[Booking Request Form](#)

Very limited onsite accommodation remains in June / July.

Sunset hotel not available in 2025.