



UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE
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Team USA Brings the “Living High + Training Low” Model to Japan for the First Time at Nagano Prefecture

Team USA is honored to announce the successful completion of its pre-championship training camp in Nagano Prefecture, held in September 2025 at Yunomaru Highland and Nagano City.

We extend our deepest appreciation to Governor Abe of Nagano Prefecture, Mayor Ogiwara of Nagano City, and Mayor Hanaoka of Tōmi City for their exceptional leadership and generous support. Their commitment and collaboration made it possible to bring the “Living High + Training Low” (LH+TL) model to Japan for the very first time.

This milestone has been formally recognized as part of the Nagano St. Moritz Project – Japan’s First LH+TL Camp, Based on Team USA Implementation. Inspired by the proven training model in St. Moritz, Switzerland, this initiative demonstrates how Nagano can serve as an “Asian St. Moritz,” offering athletes an unparalleled combination of altitude, facilities, and accessibility.

Thanks to this joint effort, Yunomaru has emerged as a premier international training hub, providing an environment that not only meets but exceeds world-class standards. The partnership between local governments, the Team USA, and the broader community has set a remarkable example of international cooperation in advancing the science and practice of high-performance sport.

Competition Results

Clayton Young (BYU Elite)

Men's Marathon: 9th place, 2:10:43 (SB)

Grant Fisher (NIKE Swoosh TC)

Men's 10,000m: 8th place, 28:57.85

Men's 5,000m: 8th place, 13:00.79

Graham Blanks (NB Boston Elite)

Men's 10,000m: 11th place

Reed Fischer (Tinman Elite)

Men's Marathon: 28th place, 2:15:17

Kenneth Rooks (BYU Elite)

Men's 3000m Steeplechase: Heats – 8:45.57, 11th in heat

Dan Michalski (BYU Elite)

Men's 3000m Steeplechase: Advanced to final, 9th place, 8:37.12

Bryce Hoppel (Team ADIDAS)

Men's 800m: Ran 1:43.92 in semifinal, 9th overall, did not advance to final

Jonah Koech (Under Armour)

Men's 1500m: Semifinal – 3:36.89, 5th in Semifinal Heat 2

Final – 13th place, 3:37.00

Taylor Roe (Puma)

Women's 10,000m: 18th place, 32:12.19

1. Japan's First LH+TL Camp – Background and Significance

In September 2025, Team USA's long-distance squad held its pre-championship training camp in Nagano Prefecture, using Yunomaru Highland (1,750m) and Nagano City (approx. 360m) as dual bases.

This marked the first full-scale implementation of the Living High + Training Low (LH+TL) model in Japan. By combining high-altitude living at Yunomaru with high-intensity sessions at lower altitude in Nagano City, the camp successfully recreated a world-class training environment within Japan.

Key factors behind this success included:

- Collaboration among Nagano Prefecture, Tōmi City, and Nagano City
- Operational expertise of the Team USA in high-performance camps
- Natural conditions and well-developed facilities at Yunomaru

The program was overseen by Dr. Randall L. Wilber, USOPC Senior Sports Physiologist, who ensured that all elements were grounded in scientific evidence to optimize athlete performance ahead of competition.

2. Yunomaru-Nagano Camp Modeled on St. Moritz

The Yunomaru model is built on the proven LH+TL approach established in St. Moritz, Switzerland. The Team USA has long used St. Moritz as its European base, valuing its altitude, proximity to lowland training venues, and robust infrastructure.

Yunomaru offers comparable conditions as an "Asian St. Moritz":

- Altitude: St. Moritz 1,800m / Yunomaru 1,750m (similar oxygen pressure)
- Lowland access: Approx. 1-hour commute (Yunomaru → Nagano City / St. Moritz → Chiavenna)
- Climate: Cool, low-humidity summer environment
- Infrastructure: Integrated lodging, nutrition, medical, and transportation services

In addition, Yunomaru offers even greater versatility through closely located altitude variations, enhancing its potential as a premier international training hub.

3. Scientific Basis – Analysis by Dr. Wilber

Dr. Wilber highlighted the physiological advantages of Yunomaru-Nagano:

- Living High (Yunomaru): Increases red blood cell count and hemoglobin concentration, improving oxygen transport and VO_{2max} .
- Training Low (Nagano City): Enables high-speed training under greater oxygen availability, enhancing lactate tolerance and mitochondrial density.

He emphasized, "Nagano is the optimal strategy for fine-tuning performance in the final phase before major international competition."

4. International-Standard Infrastructure at Yunomaru

In addition to its altitude advantage, Yunomaru provides a fully integrated environment that brings together all essential elements required for high-performance training. The facilities have been developed to meet international standards, ensuring they can effectively support world-class athletes competing at the highest level. This comprehensive infrastructure creates a setting that not only maximizes athletic performance but also ensures the safe and efficient management of training camps.

- Accommodation: Altitude-adapted, private-use facilities offering a quiet environment with controlled temperature and humidity
- Nutrition: Menus planned under the supervision of professional dietitians, tailored to both intensive training and competition phases
- Recovery & Care: On-site athletic trainers, cold baths, dedicated recovery rooms, and advanced physiotherapy equipment
- Medical Support: Strong partnerships with regional hospitals and well-established emergency transport routes
- Transportation: Convenient access, with Nagano City located approximately one hour away

The success of this camp underscores the significance of the Yunomaru-Nagano St. Moritz Project as a new benchmark for high-performance training in Japan. By integrating Team USA's proven LH+TL methodology with Nagano's unique environment, Yunomaru has established itself as a world-class training destination.

Looking ahead, continued collaboration between local governments, the Team USA, and the community will further strengthen Nagano's role as a hub for international sport. This achievement demonstrates how regional innovation and global expertise can come together to create lasting impact for athletes worldwide.



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