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STORY HEADLINE: Olympic Day 2020 set to see world’s largest online Olympic workout

LOCATION: Olympic House, Lausanne, Switzerland

VNR RELEASE DATE: Friday, 19 June 2020
OLYMPIC DAY: Tuesday, 23 June 2020

LANGUAGE: English

Broadcast quality footage available at the IOC Newsroom: http://iocnewsroom.com

STORY SCRIPT:
The annual celebration of Olympic Day on 23 June will see Olympians create more history by leading fellow athletes and fans in the world’s largest digital 24-hour Olympic workout session.

Twenty-three Olympic athletes have already joined the recording of an official Olympic Day workout video, and on Olympic Day, athletes will lead live workouts at 11am local time across 20 time zones on @olympics Instagram live.

As the world gets ready to take part in #OlympicDay, Olympic champions, ranging from Kenya’s 1500m gold medallist Faith Kipyegon, to France’s most decorated Olympian of all-time, Martin Fourcade, teamed up with Tokyo 2020 hopefuls such as Dina Pouryounes, a taekwondo athlete hailing from Iran aiming to represent the Olympic Refugee Team, and the USA’s 13-time Paralympic gold medal-winning swimmer Jessica Long. (The full list of athletes can be found below.)

Since the COVID-19 pandemic forced the world into lockdown and the postponement of the Olympic Games Tokyo 2020, close to 5,000 Olympians have engaged with a remarkable 243 million people online across more than 50 countries in the IOC’s #StayStrong, #StayActive, #StayHealthy campaign by sharing their daily workouts and uplifting tips on how to stay healthy in body and mind. Olympic Day 2020 will take this campaign to the next level.

The entire Olympic Movement has been mobilised to join the online activities. The International Olympic Committee (IOC) and its partners, including Olympic Games Organising Committees for Tokyo 2020, Beijing 2022, Paris 2024, Los Angeles 2028 and Milano-Cortina 2026, the National Olympic Committees (NOCs), International Federations
(IFs), Worldwide Olympic Partners and rights-holding broadcasters, will be among those encouraging fans to join the virtual workouts.

For example, Worldwide Olympic Partners Coca-Cola, Samsung and Toyota have supported the campaign by encouraging their athlete ambassadors around the world to host workout sessions. In addition, Alibaba will support a #StayStrong live stream organised by the Chinese Olympic Committee and Beijing 2022, featuring over 350 Chinese athletes and medallists of different generations.

IOC President Thomas Bach said: “In these difficult times we need the values of sport, our shared Olympic values of excellence, friendship, respect and solidarity, more than ever. Celebrating Olympic Day today may feel very different from all previous years, but at the same time, on this Olympic Day our message of the power of sport to bring hope and optimism to everyone resonates even stronger.

“Let us today join together to use this power of sport to prepare the postponement of the Olympic Games Tokyo 2020, as a celebration of solidarity and resilience of human kind. The Olympic flame can be the light at the end of the dark tunnel that we all find ourselves in now.

“On Olympic Day we are sending this Olympic message to everybody: please stay strong, stay active, stay healthy and with this Olympic Spirit I wish you all a wonderful Olympic Day 2020.”

Olympic Day 2020 was always set to stand out in the event’s 72-year history. Commemorating the birth of the modern Olympic Games on 23 June 1894, Olympic Day was established in 1948 and is celebrated to promote participation in sport regardless of age, gender or athletic ability, as well as being an opportunity to celebrate the Olympic values around the world.

Follow all the action throughout the 24 hours on 23 June: - Live workouts on @olympics Instagram at 11 a.m. local time in different time zones around the world, with locally relevant athletes hosting the live activations.

The athletes lined up for the live Instagram workouts, scheduled at 11 a.m. local time across 20 time zones on @Olympics Instagram include: Pita Taufatofua - taekwondo/cross-country skiing (Tonga) | Tyla Nathan-Wong - rugby 7s (Wellington, New Zealand) | Melissa Wu - Diving (Brisbane, Australia) | Yamamoto Seito - athletics (Tokyo, Japan) | Hong Zhang - speed skating (Beijing, China) | Marcus Fernaldi Gideon, Anthony Ginting and Jonatan Christie - badminton (Jakarta, Indonesia) | Elizabet Tursynbayeva - figure skating (Kazakhstan) | PV Sindhu - badminton (Hyderabad, India) | Aisam ul Haq Qureshi - tennis (Pakistan) | Zeyad Eashash - boxing (Amman, Jordan) | Margarita Mamun - rhythmic gymnastics (Moscow, Russia) | Cameron van der Burgh - swimming (Cape Town, South Africa) | Johanne Defay - surfing (Europe) | Abdullah Sediqi - refugee scholarship holder, taekwondo (Europe) | Desire Oparanozie - football (Lagos, Nigeria) | Cherif Fall - surfing (Dakar, Senegal) | Hugo Calderano - table tennis (Rio, Brazil) | Mikel Thomas - athletics (Port of Spain, Trinidad and Tobago) | Rommel Pacheco - diving (Mexico City, Mexico) | Natalie Spooner - ice hockey (Calgary, Canada) | Kyla Ross - artistic gymnastics (Los Angeles, USA, TBC - Tahiti/Hawaii).
Story script and Shot log

- A compilation workout video featuring 23 different Olympians from around the world showcasing their favourite workout moves will be available on the olympicchannel.com/olympicday

The athletes involved in the Olympic Day workout video are:

Laurie Hernandez (USA, Artistic Gymnastics), Faith Kipyegon (Kenya, athletics) Lutalo Muhammad (Great Britain, taekwondo) Sandra Sanchez (Spain, karate) Meli Derenalagi (Fiji, rugby 7s) Martin Fourcade (France, biathlon) Tokashiki Ramu (Japan, basketball) Eileen Gu (China, freestyle skiing) Colleen Quigley (USA, athletics) Zeyad Eashash (Jordan, boxing) Vinesh Phogat (India, wrestling) Tobias Wendel and Tobias Arlt (Germany, luge) Federico Molinari (Argentina, artistic gymnastics) Dina Pouryounes (Refugee, taekwondo) Valentina Marchei (Italy, figure skating) Pita Taufatofua (Tonga, taekwondo/cross-country skiing) Vivian Kong (Hong Kong China, fencing) Petra Klingen (Switzerland, sport climbing) Isaac Makwala (Botswana, athletics) Pandelela Rinong (Malaysia, diving) Agatha Rippel (Brazil, beach volleyball) Jessica Long (USA, para swimming).

SHOTLIST:

00:02 SOUNDBITE: Thomas Bach, IOC President (English Language).
"We are all in the same situation right now with the global coronavirus crisis, all of us are living with much uncertainty about the future. In these difficult times we need the values of sport, our shared Olympic values of excellence, friendship, respect and solidarity, more than ever. On Olympic day we are sending this Olympic message to everybody: please stay strong, stay active, stay healthy and with this Olympic spirit I wish you all a wonderful Olympic Day 2020."

00:51 Shot of Faith Kipyegon (Kenya, athletics - 1500m Rio 2016 Olympic champion) leading into a split-screen of Olympians introducing the Olympic Day workout
01:04 Various shots of Lutalo Muhammad (Great Britain, taekwondo - double Olympic medallist), Faith Kipyegon (Kenya, athletics - 1500m Rio 2016 Olympic champion) and Laurie Hernandez (USA, artistic gymnastics - double Olympic medallist) introducing the Olympic Day workout.
01:50 European and World karate champion Sandra Sanchez’s (Spain) workout
02:03 Five-time Olympic biathlon champion Martin Fourcade’s (France) workout
02:27 Youth Olympic champion freestyle skier Eileen Gu’s (China) workout
02:51 Double Commonwealth champion and Olympic 200/400m sprinter Isaac Makwala’s (Botswana) workout
03:11 Olympic steeplechase athlete Colleen Quigley’s (USA) workout

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