



i2ONE
P E R F O R M A N C E

WINTER DEVELOPMENT PROGRAMME

ENGINEERING THE DRIVER

THE IMPORTANCE OF WINTER TRAINING:

During the season a driver's main focus should be on preparing for individual tests and races where the emphasis is more on maximising one's current skill level rather than working on long term skill acquisition and conditioning.

All professional athletes use the off-season for long-term skill development (mental, technical and physical) with the intention of significantly raising their performance levels for the next season. Racing drivers have much less opportunity to practice than other sports due to the high cost of testing and in-season test bans, so it is even more important for them to use the off-season constructively to develop the skills and focus on optimising their personal performance.

**"WHEN YOU ARE NOT PRACTICING,
REMEMBER, SOMEONE SOMEWHERE IS,
AND WHEN YOU MEET THEM
THEY ARE GOING TO WIN"**



THE PROGRAMME

The programme comprises of six sessions of training, which can be taken either monthly, weekly or even as a six-day intensive programme.



DRIVER ASSESSMENT (FIVE HOURS)

This is designed to establish current skill level and to benchmark performance so that we can use this to measure future performance against. The assessment includes:

Technique:

- Racing line, throttle/braking technique, eye-tracking
- Qualifying
- Race consistency
- Racecraft (starts, overtaking and defending)
- Wet driving
- Race preparation and review

Fitness and Lifestyle:

- Cardiovascular endurance
- Muscular strength and endurance
- Reactions, balance and coordination
- Nutrition, hydration and sleep
- Pre-performance routines
- Mental conditioning



TRAINING SESSIONS (5 X HALF DAY SESSIONS)

The programme comprises five sessions of training which includes two hours in the simulator followed by two hours of Zone Training:

Simulator Training:

Following on from the assessment we will create a structured and prioritised training that targets the big areas of opportunity to ensure that progress is made rapidly.

Zone Training:

Our Zone Training facility gives our drivers the unique opportunity to train in all of the areas that create on-track performance. Each Zone trains specific skills and also creates constant pressure as each activity is benchmarked and recorded on each Zone's specific leader board. The Five Zones include:

- Mind Zone
- Psychomotor Zone
- Strength Zone
- Cardio Zone
- Pressure Zone

FEE FOR SIX SESSIONS:

£1,950 + VAT

Please Note: sessions must be completed before the 1st March 2020