



**i2ZONE**  
P E R F O R M A N C E



**motorsport UK**

**PRE-ARDS TRAINING**

— ENGINEERING THE DRIVER —



**“I HAVE NO IDOLS. I ADMIRE WORK,  
DEDICATION AND COMPETENCE”**

**- AYRTON SENNA**

# IZONE DRIVER PERFORMANCE

iZone (based at Silverstone Circuit) is Europe's leading driver training facility, developed by triple World Touring Car Champion Andy Priaulx. It is a genuine Elite Performance Centre, focussed on the development of world class drivers (both amateur and professional), motorsport athletes and mentally-resilient competitors.

## IZONE ETHOS

Our mission is to train drivers of all levels to become the best they can be, whether they are just preparing for their next race or developing a professional career in motorsport.

Our approach is built on the following principles:

### Focus on skills:

- Practicing core skills until they can be performed automatically.
- Knowing your strengths and turning them into *superstrengths*.
- Understanding your weaknesses and turning them into opportunities.

### Performing under pressure:

- Creating 'Robustness' – the essential ability to execute the right skills at the right time, no matter what pressures you face.
- Conditioning the mindset and focus required to perform at your best, be it in qualifying, race starts, first laps or even pit stops!

### Becoming *natural*

- Understanding how preparation, mental rehearsal and process-focus create 'flow' in your driving.
- Become instinctive and naturally adaptive to new tracks, cars and changing grip levels.
- Understanding your unique *Peak Performance State* to create optimum lap times.

## IZONE AND MOTOSPORT UK:

iZone and Motorsport UK have joined forces to provide a range of training courses for drivers who are entering the sport. These courses are focussed on supporting drivers during the early, critical stages of their development, prior to both their ARDS test and their first tests and races. All of the training will take place in one of our simulators (single seater, GT or touring car) and this allows the development of core skills in a totally safe environment.

## PRE-ARDS TRAINING:

The ARDS test is a test of skill, competence and understanding of the rules that govern the sport. It is designed to ensure that drivers are safe to take to the track for both testing and racing and are not a hazard to other track users. Our pre-ARDS Training Course is designed to train driver's in the core skills whilst giving them the best opportunity of passing the test first time.

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





# THE COURSE

The Course can be taken over two or three hours and includes both classroom and simulator sessions:

- 1 Overview of the test:**

A discussion of the key points of the test and the areas that the instructors will be focussing on.
- 2 Circuit Familiarisation:**

It is essential that drivers are familiar and comfortable with the track that they are going to be tested on so that they can focus on the correct lines and technique when being tested.
- 3 The racing line:**

Cornering is broken down into four distinct elements: (i) Positioning and approach (braking and gear change), (ii) Turn in (steering input), (iii) Entry to mid-corner (brake release), (iv) Mid-corner to exit (throttle application and release of steering).
- 4 Types of corner:**

The difference between fast and slow corners and also how to read the correct racing line for one corner, or a sequence of corners.
- 5 Technique training:**
  - **Braking and throttle technique** - Learn how the brake and throttle affect both the weight transfer and the overall balance of the car.
  - **Steering** - Learn how smooth steering inputs support both the correct racing line and the level of grip in the car.
  - **Vision** - Learn how the correct use of vision controls one's judgement and therefore our timing of everything we do with the controls of the car.
- 6 Review of the written test:**

The test comprises 28 questions divided into three topics: fourteen on flag identification, six (multiple choice) on safety and eight (multiple choice) covering general racing information. To pass, the flags and safety sections require a 100 per cent score, with the last section allowing for two incorrect answers.

**FEE FOR TWO HOURS:**

**£349+ VAT**

**FEE FOR THREE HOURS:**

**£495+ VAT**

# CUTTING-EDGE FACILITIES

iZone Driver Performance, based at Silverstone Circuit in the UK, is a state of the art facility featuring five high-tech simulators (3 x car and 2 x kart), a motorsport gym and dedicated training rooms for mental and psychometric training.

All of the simulators feature live data, comprehensive recording and analysis software, eye-tracking, heart rate monitoring and biometric/EEG feedback to enable us to monitor real-time human performance data and use it as an advanced teaching tool.

**“NEVER ALLOW YOURSELF TO BELIEVE  
YOU HAVE NO NEED FOR IMPROVEMENT”**

**- JUAN MANUEL FANGIO**



# IZONE DRIVER PERFORMANCE

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ENGINEERING THE DRIVER