

PHYSICAL ASSESSMENTS & TRAINING PLANS

FITNESS ASSESSMENTS

We have a range of fitness assessments available for you to find out your physical and psychomotor strengths and weakness. Tests can range from individual components (i.e. VO2 max test) to a range of components (i.e. strength or psychomotor assessments) to our full detailed performance assessment which will assess all components of motorsport fitness. Which ever test you choose to do, all of your results will be benchmarked against top drivers in your category and you will be given training recommendations based on your results.

REMOTE FITNESS ASSESSMENT

Our home fitness programme provides over 2 hours of training exercises that are specifically designed for training from home. Following a consultation the programme will be personalised to each driver's requirements depending on their needs and the equipment they have available. The programme consists of Cardiovascular, Strength, Psychomotor and Flexibility training and progress on all exercises is recorded by the driver and reviewed remotely by our trainer. The programme is then reviewed via a zoom consultation on a monthly basis.

HEALTH AND LIFESTYLE ASSESSMENT

Our Zone Training facility gives our drivers the unique opportunity to train regularly 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 leaderboard. The Five Zones include: Mind Zone, Psychomotor Zone, Strength Zone, Cardio Zone and Simulator Zone. Every morning at IZone starts with a two and a quarter hour group HIIT session which is designed to test our drivers and reinforce their skills in every area that influences their on track performance. The session starts with mental training including mindfulness breathing exercises, visualisation and goal setting for the day. Followed by an hour of competitive physical and psychomotor tests and finally head to head competition on our training simulators. The idea is to make competition and performing under pressure an everyday occurrence for our drivers.

DNA TESTING

When it comes to fitness a driver cannot change their genetic response to nutrition, stress and exercise; however they can make simple lifestyle changes to leverage their genetic strengths. The DNA test helps them identify what their body needs to perform at its peak and provides information on VO2 Max response, recovery rate and susceptibility to injury and food intolerances.

NUTRITION

Helene Patounas, MSc, BSc, is a nutritionist passionate about health and performance. Her mission is to inspire people to make positive change to be the best version of themselves. Her approach to nutrition is science-based, integrating the disciplines of Personalised Nutrition, Nutritional Therapy and Functional Medicine. HP Nutrition Delivers Proactive And Personalised Nutrition Coaching To Inspire Drivers To Operate At Their Highest Level And Equip Them With The Skills To Sustain Health And Performance Outcomes For Life.

BESPOKE GYM TRAINING PROGRAMME

If you are looking to transform your physical training from general fitness to becoming a professional Motorsport Athlete then we will create a bespoke gym training programme to help you achieve this. Forget the standard training you do in an every day gym, this is a programme consisting of specific exercises that are targetted at enhancing particular areas of a driver's performance, they are personalised to each driver's requirements depending on their needs and the equipment they have available. The programme consists of Cardiovascular, Strength, Psychomotor and Flexibility training and progress on all exercises is recorded by the driver and reviewed remotely by our trainer. The programme can then be reviewed on a monthly basis.

REMOTE INDIVIDUAL TRAINING PROGRAMME

Our home fitness programme provides over 2 hours of training exercises that are specifically designed for training from home. Following a consultation the programme will be personalised to each driver's requirements depending on their needs and the equipment they have available. The programme consists of Cardiovascular, Strength, Psychomotor and Flexibility training and progress on all exercises is recorded by the driver and reviewed remotely by our trainer. The programme is then reviewed via a zoom consultation on a monthly basis.

VO2 MAX TESTING

A VO2 max test is a test of the maximum amount of oxygen that your body can utilise at any one time. It is considered the gold standard assessment for aerobic endurance (stamina) and is a test used by a number of manufacturers and driver programmes during driver selection. It is definitely a test that all drivers need to become familiar with as it is also a component of fitness that is used to measure, train and monitor your progress by. A greater VO2 max has shown to aid drivers in the car by helping them deal with the heat more effectively as well as enhancing their mental (concentration) and psychomotor (reactions) performance. The test can be conducted on an indoor exercise bike or a treadmill depending on your preferred mode of training.

To find out more or to book a session please get in touch and we'll get back to you:

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