

ASSESSMENTS & TESTING

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.

HEALTH AND LIFESTYLE ASSESSMENT

The health and lifestyle assessment includes measures of your body composition, blood pressure as well as tests for your vision, peripheral vision, reactions and concentration. We will also discuss lifestyle habits such as nutrition, hydration and sleep and how all of these can be improved to benefit your performance.

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. Whichever 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 remote fitness assessment begins with a consultation with one of our sports science team about the driver's current training and their goals. They will then be assessed across several physical tests that they can do in their own homes (no equipment required) plus they will complete a detailed questionnaire. Following this, the driver will receive a detailed report and based on our findings, will then be given training recommendations to work on.

KARTING FITNESS ASSESSMENT

Our Karting Fitness Assessment is a 2-hour test which will assess all important areas of fitness specific to Karting. The test will assess your Physical Skills (Endurance, Upper body and core strength), Psychomotor Skills (reaction, co-ordination, balance and peripheral vision) as well as a review of your training routine and lifestyle (nutrition, hydration and sleep). All of your results will be benchmarked against top drivers in your category. Following the test, drivers and parents will receive a detailed report and will be given training recommendations based on the results.

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.

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

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