

PHYSICAL TRAINING

PERSONAL TRAINING (GYM & TRACK-SIDE)

Prior to commencing our Personal Training sessions, we recommend that drivers first complete one of our fitness assessments. This will enable us to devise a specific personal training programme tailored to your specific individual requirements and goals. We will take care of all aspects of your physical training, planning and delivering your training sessions, giving you the extra motivation and encouragement to progress and succeed as well as giving you exercises to work on from home in between training sessions. We also offer track-side personal training support to ensure that you are at your best for each practice, qualifying and race session, by implementing personalised pre-performance routines, helping to plan your nutrition and hydration and aiding with your recovery.

HIIT AND ZONE TRAINING

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.

PHYSICAL TRAINING CAMPS

Our physical training camps are a full day of training specifically to enhance your physical and mental performance. The day starts with a group HIIT session which is designed to test the drivers and reinforce their skills in every area that influences their on-track performance. There will be mental training including mindfulness breathing exercises, visualisation and goal setting for the day. Followed by an hour of competitive physical and psychomotor tests. Following this there will be group studio classes such as Yoga and Boxing. Throughout the day there will also be challenges and exercises given across five zones of training. 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.

PSYCHOMOTOR TRAINING SESSIONS

Psychomotor Skills are components of fitness that a driver can never have enough of as they have a direct impact on performance in the car (e.g reaction to start or an incident, co-ordination of gear changes or steering corrections and balance to help you feel the car). These sessions are specifically to improve those all important reactions, coordination, balance and peripheral vision. We have a range of equipment designed to work on these aspects such as the CardioWall, Fitlight and Neurotracker.

STRENGTH TRAINING SESSIONS

Sessions specifically to improve strength aspects of performance for your chosen formula or when you are transitioning from one formula to another (e.g Karts to single seaters). This could include neck strengthening exercises, upper body strength, core strength are working on a specific area of weakness you need to address. Sessions will use a variety of strength training methods and equipment such as our Technogym F1 trainer.

BRAKE TRAINING SESSIONS

Sessions specifically to help you improve the strength, power and control of your braking. We have a bespoke brake trainer for you to work on the strength, power and control in your brake trace. We also support this with a range of selected training exercise to enhance the strength and fine motor control in the muscle groups involved in the braking technique.

PRE-PERFORMANCE ROUTINE

A pre-performance routine is a consistent procedure that drivers use to prepare themselves for competition. PPR prepares drivers by creating a familiar routine; it acts as a cognitive load (preparative thoughts, feelings or movements) which prevents other unplanned thoughts from distracting drivers whilst also focusing them on the task at hand. At iZone we can help you to create your own routine to get you in the optimal physical and mental state for competition. A pre-performance routine is a consistent procedure that drivers use to prepare themselves for competition. PPR prepares drivers by creating a familiar routine; it acts as a cognitive load (preparative thoughts, feelings or movements) which prevents other unplanned thoughts from distracting drivers whilst also focusing them on the task at hand. At iZone we can help you to create your own routine to get you in the optimal physical and mental state for competition.

GROUP/STUDIO/CLASSES

iZone's group studio classes give driver's the opportunity to add variety to their training routine as well as learning key skills related to their physical and mental performance. Classes include Yoga, Boxing, Pilates, Circuit and HIIT.

WEEKLY PHYSICAL & PERFORMANCE TRAINING

iZone's Weekly Physical and Performance Training is a home based, daily training programme that runs five days a week. It has been created to support drivers by keeping them focused on key aspects of their training on a daily basis and to keep them focused on their physical training, their knowledge of key aspects of their sport, their ability to concentrate and visualize and also their ability to keep focused on their goals.

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

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