



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

WEEKLY HOME PHYSICAL & PERFORMANCE 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 super strengths.
- 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.

THE PROGRAMME

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. The programme includes:

1. REMOTE GROUP FITNESS SESSIONS (2 X PER WEEK)

Drivers will be allocated to a group training session on Zoom and guided through a different workout every week by our trainer. The exercises are designed to be easily completed in small spaces at home and are targeted at the key areas for motorsport performance.

2. REMOTE GROUP PRE-PERFORMANCE ROUTINES SESSION (1 X PER WEEK)

One session per week is dedicated to helping drivers to put together their own pre-performance (warm up) routine to use at the circuit before practice, qualifying sessions and races. This is vital as it helps a driver to foster confidence, develop focus, bring an element of control to unpredictable situations and raise a driver's level of intensity to perform at their best. We will look at examples from various sports and athletes each week, helping the driver to experience different intensities, find what works for them and take aspects of these into their own routines.

3. PERFORMANCE, MINDFULNESS AND VISUALISATION CLINIC (DAILY MON-FRI)

To ensure that our drivers are constantly increasing their knowledge and skills, developing mental resilience and improving their visual imagery skills we run 20 minute Performance, Mindfulness and Visualisation Clinics. The sessions include, Performance Coaching (covering every aspect of performance development), Mindfulness Training (to build mental resilience), Visualisation & Imagery (to condition the mind), and Goal Setting (so that drivers train with purpose).

PRICE PER WEEK:

£25⁺ VAT

IZONE DRIVER PERFORMANCE

FIND US

2255 Silverstone Technology Park,
Silverstone Circuit,
Silverstone,
NN12 8GX

EMAIL

info@izoneperformance.com

PHONE

+44 (0)1327 856872

WEBSITE

www.izoneperformance.com



@iZoneDriverPerformance



@iZoneDriverPerformance



@iZoneCoaching

ENGINEERING THE DRIVER