

PHYSICAL TRAINING (REMOTE)

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 a number of 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.

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.

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.

AFTER SCHOOL PHYSICAL & PERFORMANCE TRAINING (KART)

This 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.

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.

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

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