

GROUP TRAINING SESSIONS

GROUP DEVELOPMENT DAYS

This full day of training has been designed to allow new clients to iZone to experience our unique training methods, our advanced simulators and our range of training tools and aids. The day combines technical briefings with practical simulator training, so that when drivers leave at the end of the day they have a clear understanding of the areas they need to work on to improve their on-track performance.

GROUP COMPETITION DAYS

iZone's Group Competition Training is designed to expose drivers to the stress of competition in an environment where they can learn from their mistakes, condition the right mindset and gradually build mental resilience around a clearly understood method. Each day involves up to twelve drivers split into two teams and the cars they will be driving can include single seaters, GT's and Touring Cars. In addition to the simulator drills drivers will also take part in physical and psychomotor tests in the gym.

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.

PERFORMANCE & MINDFULNESS CLINIC (DAILY)

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

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.

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.

TRAINING SEMINARS

Every month we run training seminars on a wide variety of subjects that allow our drivers to broaden their understanding of key aspects of their sport - areas that we would not normally have time to cover in a normal coaching session. Topics that will be covered include: Sponsorship, Media Training, Nutrition, Social Media & PR, Talent Acquisition, Race Car Engineering, etc.

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

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