

# PHYSICAL TRAINING

## 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.

## 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.

## 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.

## 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.

## AFTER SCHOOL PHYSICAL AND PERFORMANCE TRAINING – KART

iZone's Weekly Home Physical and Performance Training is an after-school training programme that runs five days a week for 30 minutes each weekday. It is designed to support Karters with 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.

## SCHOOL HOLIDAY FITNESS CAMPS – KART

Our School Holiday fitness camps are a full day of training specifically to enhance your physical and mental performance for Karting. 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.

## HALF DAY TEAM PHYSICAL – KART

A half day training session for a team of Karters which includes individual training and fun, competitive training so the drivers can benchmark themselves and compete against other drivers. The exercises will be based on key fitness components required for Karting such as upper body strength, core strength, reactions, balance, co-ordination and cardiovascular fitness.

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

PHONE  
01327 856 872

EMAIL  
INFO@IZONEPERFORMANCE.COM

EMAIL  
WWW.IZONEPERFORMANCE.COM