Initial Performance Review

Complimentary
iZone Driver Performance

iZone is Europe’s leading driver training facility, developed by triple World Touring Car Champion Andy Priaulx. It is a genuine ‘elite performance centre’, focused on the development of world class drivers (both amateur and professional), motorsport athletes and mentally resilient competitors.

“If you’re standing still in motor racing then you’re effectively going backwards at 100mph”

“It’s my depth of preparation, mental approach, fitness regime and a great network of specialists that has brought me success. iZone brings this all together under one roof, there is no other facility which covers every aspect of driver training and focuses on all the essential areas of development.”
“Somewhere, someone is practising, and when you meet in competition they will beat you”
-Anon (Found written on the changing room door of a Hawaiian canoe club)

IZONE INITIAL PERFORMANCE REVIEW

iZone’s ‘Initial Performance Review’ has been created to give drivers (both amateur and professional alike) the opportunity to sample our simulator technology and state of the art training facilities.

The programme includes approximately 2 hours of training:

- A tour of our facilities
- Short presentation
- Introduction & review of physical, psychomotor, mental and lifestyle skills training with our sports science team
- Simulator familiarisation and eye tracking

At the end of the session we will create a printed report highlighting strengths and opportunities, complete with prioritised training recommendations.

Training

1. Technical and Tactical Skills - With state-of-the-art facilities and bespoke training technology, our driver coaches work exclusively on developing your on-track driving performance. By identifying the key developmental areas, we create an individualised training programme both for short term success and longer term career results.

2. Physical Skills - Our Personal Trainer is solely targeted with enhancing on-track performance and creating motorsport athletes, with the strength and endurance needed to perform consistently at their peak.

3. Psychomotor Skills - We train driver’s psychomotor skills to create enhanced reactions, superior fine motor control, improved balance and proprioception, and the co-ordination of hands, eyes and feet.

4. Lifestyle & Interpersonal Skills - We help drivers understand how to optimise nutrition, hydration and recuperation together with their ability to interact with key partners (team, sponsors and the media).
THE FACILITIES