iZONE
DRIVER PERFORMANCE

Winter Development Programme
iZone (based at Silverstone Circuit) is Europe’s leading simulator 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.

iZone Ethos
Our mission is to train drivers of all levels to become the very best that they can be. By identifying your strengths and weaknesses, our team of experts will work towards your goals, whether you are preparing for your next race or crafting a long term career in motorsport.
Our approach is built on the following principles:

Focus on skills
- Identifying, understanding and practicing ‘Core’ skills until they can be performed automatically
- Knowing your Strengths and turning them into Superstrengths
- Understanding your Weaknesses and turning them into Opportunities

Performing under pressure
1. Creating ‘Robustness’ – the essential ability to execute the right skills at the right time, no matter what pressures you face
2. Understanding, developing and 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
Assessment and Development of Skills

The programme consists of four sessions that last for four hours, and includes three hours in the simulator and one hour with the iZone Sports Science Team. The content is flexible depending upon individual needs identified through assessment in the first session.

Training could include any of the following:

**Simulator Training (Technical and Tactical)**
- Eye tracking
- Vision training
- Braking technique
- Task relevant cues
- The racing line
- Qualifying / laps on demand
- Wet driving
- Racecraft
- Creating automaticity
- Stress exposure training
- Race and test planning
- Offensive / defensive driving

**Physical Training**

These sessions will focus on the areas highlighted from the initial assessment, e.g.:
- Pre-Performance and Cool Down routines
- Personalised fitness programme
- Cardiovascular endurance
- Strength and strength endurance

**Psychomotor Training**

- General reaction training (Cardiowall) and start reaction training (iZone Start Trainer)
- Brake training – (iZone brake trainer, power and control exercises)
- Challenges – drivers are set agility, balance and coordination exercises throughout the programme

**Mental Skills Training**

Utilising mental skills for enhanced performance, e.g.:
- Creating the right mindset for competition
- Neurotracker - for developing concentration and awareness
- Visualisation techniques

**Lifestyle and Interpersonal**

- The importance of sleep and recovery
- General nutrition and hydration
- Nutrition and hydration plans to optimise energy levels for race and test days
iZone Driver Performance, based at Silverstone Circuit in the UK, is a state of the art facility featuring five high tech simulators (3 x car and 2 x kart), a motorsport gym and dedicated training rooms for mental and psychometric training.

All of the simulators feature live data, comprehensive recording and analysis software, eye tracking, heart rate monitoring and biometric/EEG feedback to enable us to monitor real-time human performance data and use it as an advanced teaching tool.
Fees:
Total Fee for four half days of training: £1,600 plus VAT

Please note, all programmes should be completed by end of February 2018

iZone Driver Performance

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