

The best way to physical fitness and preparation for elite race driver performance



In the next few pages we show you a physical package that any racing driver who is serious about his racing should do.

It is important to keep up with the physical level of the race car that you currently race or will race next season.

Being in a good and specific physical condition will aid in good focus, concentration and endured performance throughout test days and race events.

It is also important that you become more aware of healthy food and its benefits. We also want to teach you how to apply this in your daily and active life.

The following product will help you develop the desired physical requirement for driver your car, help maintaining nutritional levels and grow into an athlete.



Sport specific testing

- You are to perform a physical sport specific test at the start of the season. This allows us to see the areas that are good, and the areas we need to develop.
- The test is conducted by an educated and licenced trainer; Wesley van Veghel
- Test to take place on a to be agreed location. *We can also come to you!*
- Results documented and compared to the tested driver and best possible previous results
- Areas tested:
 - Cardiovascular endurance
 - Muscular endurance (upper body strength, lower body strength)
 - Agility
 - Core-stability
 - Balance
 - Flexibility
 - Reaction
 - (Hand-eye) coordination
 - Power
- Advantages/importance:
 - Compare with the best
 - Knowing where you are
 - Knowing where you should be
 - Gap analysis for future training
 - The beginning of a better you!
- You receive a short report of the results and areas to focus on
- Benchmark to be re-trialled on set-times during the season to determine development

Training Package 1

After the initial benchmark and strength and weakness analysis:

- You can choose two packages for motorsport specific follow up training. Based on the performance gaps and findings, the licenced trainer will provide fit for purpose training advice as well as nutritional advice.
- Professional assistance that will enhance overall performance.
- Package 1:
 - Physical training plan advice
 - Nutritional plan advice
 - Monthly contact with trainer
 - Quarterly reports of progress

Advantages/importance:

- Developing and maintaining physical fitness throughout the season
- Motorsport specific training
- Progress monitoring
- Assistance in training
- Adjusting training to the needs



Training Package 2

- Second of the two packages provides enhanced advice, training, monitoring and support.
- You are provided with a 'Sports Activity Tracker' which aids the trainer in monitoring progress, providing more accurate training and nutritional advice.
- Professional assistance that will enhance overall performance.
- Package 2:
 - Advanced Physical training advice
 - Advanced Nutritional advice
 - 2-weekly contact with trainer
 - Remote monitoring by trainer
 - Quarterly reports (detailed analysis)

Advantages/importance:

- Highly detailed analysis of driver physical condition and progress
- Developing and maintaining physical fitness throughout the season
- High level motorsport specific training
- Advanced remotely monitoring
- Remotely assistance in training
- Adjusting training to the needs which are monitored accurately
- ***Less hassle, less worry, better results!***



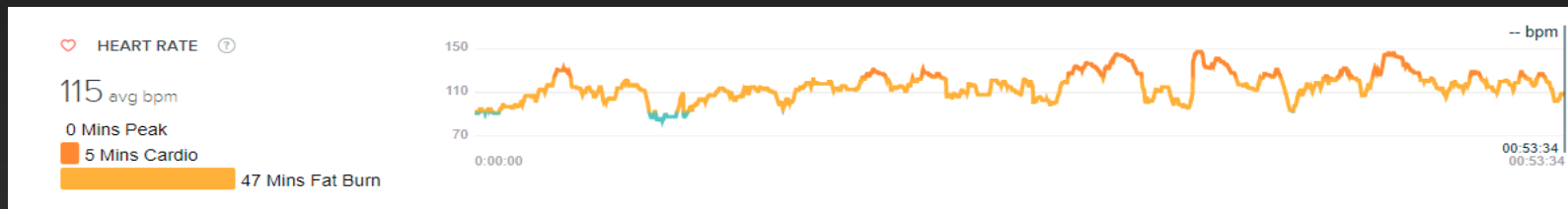
Training Packages

Package 2 'Activity tracker':

- Monitors steps
- Monitors nutrition
- Monitors fluid intake
- Monitors sleep
- Monitors calories burned and intake
- Monitors weight
- Aids goal setting and reaching
- Advanced data gathering for reporting and adjusting

Reporting contains:

- Results from benchmarking tests
- Analysis of previous period
- Aiding visual data from Activity tracker
- Identification of areas that are good
- Identification of areas to be improved
- Advise in training content physically
- Advise in nutrition
- Previous goals, reached or not
- Future goals



On-track support

We can also help you on-track!

- What and when to eat?

Often it is difficult to find good times to eat on a busy test or race day. We will assist in providing you with the right amount of nutrition and appropriate times. So that it fits the busy schedule of driving, working with your engineer and other duties as well as providing the right energy and hydration levels throughout the days.

- Warm-up

A lot of drivers are merely getting in the car and driving. Without a warm up stepping into a highly dynamic environment. The body is to gather a lot of information in a physical environment straight away. How to do that effectively without a proper warm up? We will help you on track with a structured warm-up routine before you get in the car, warming up the body and high ten your senses whilst reducing the risk of injury.

- Cooling-down

A cool-down is very important to recover from physical activity. This helps your heart and body return to their normal state. Cooling down prevents blood from collecting (pooling) in arms and legs and prevents cramping, increased blood pressure or dizziness. We will help you on track with a structured cool-down.

- Continued development.

In order to make sure we are really on the right path, the help on track will continue the set path of the training schedule provided and help you fine tune the finest details in your physical and driving performance.

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