



MONTHLY DEVELOPMENT PROGRAMME 2024

iZone

iZone (based at Silverstone Circuit) is Europe's leading driver training facility, developed by triple World Touring Car Champion Andy Priaulx. We are an Elite Performance Centre, focused on the development of world class drivers, motorsport athletes and mentally-resilient competitors.

Our state-of-the-art facility features:

- **3 x High-tech simulators** - Used for coaching
- **3 x Training simulators** - Used for race craft, training and drills
- **Motorsport gym** – Cardio, strength and psychomotor training
- **Studio** – Yoga, boxing and circuit training
- **Sports lab** - Fitness assessments
- **Drivers room** – Personal study and relaxation
- **Boardroom** – Group training seminars



[CLICK HERE TO WATCH OUR
INTRODUCTORY VIDEO](#)

INTRODUCTION

iZone's unique Monthly Development Programme is a comprehensive academy-based training programme (suitable for amateur and professional alike), that is designed to give our drivers the winning edge in a very competitive driver market. It is focused on developing drivers, technically, mentally and physically so that they are constantly practicing and refining the skills that are needed for them to achieve their goals.

Training 5 days a week – Our Performance Clinic and Group Training activities operate 8 hours a day 5 days a week.

Training either at iZone or remotely - Depending on the programme chosen, drivers can either train with us in person at iZone or remotely from their own homes (subject to having their own simulator), or a combination of both.

Training Community - Every driver that joins our training programme also becomes part of our 'Training Community of Drivers' and this enables them to take part in a wide range of additional group activities that run both remotely and at iZone's state of the art facilities.



TRAINING ETHOS

Our mission is to train drivers of all levels to become the very best version of themselves. By first identifying each driver's strengths and weaknesses, our team of expert coaches target the key areas of opportunity, whether they are preparing for their next race or focused on a long-term career in motorsport. Our approach is built on the following principles:

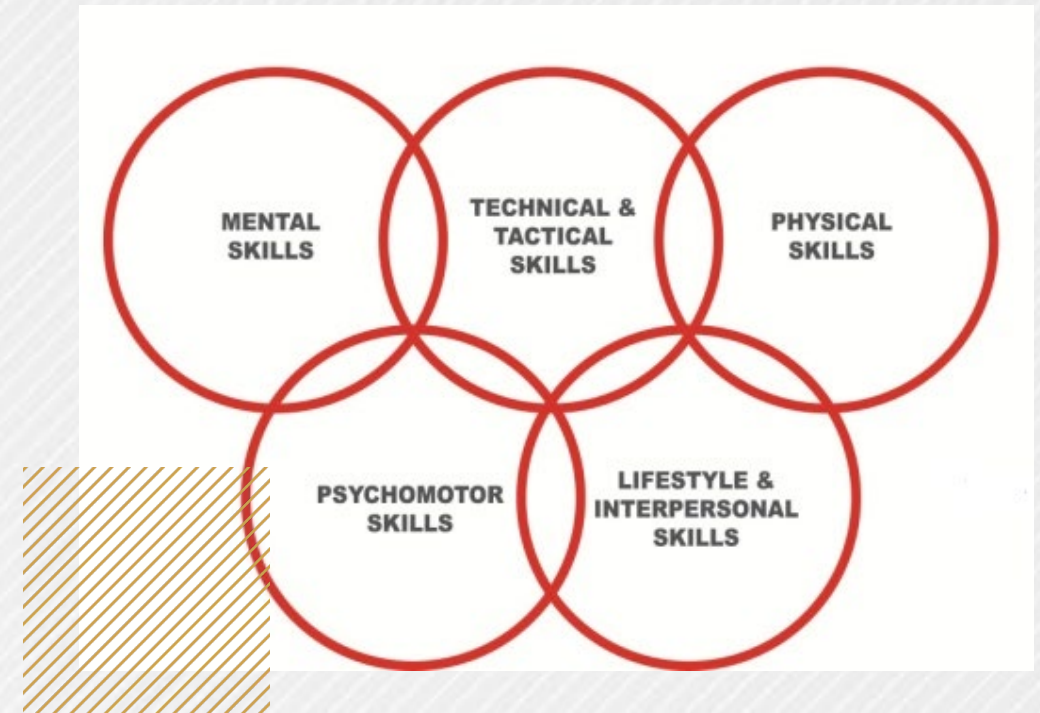
Focus on skills - Identifying, understanding and practicing 'Core' skills until they can be performed automatically.

Performing under pressure - Creating 'Robustness' – the essential ability to execute the right skills at the right time, no matter what the pressure.

Becoming a 'natural' - Understanding how skill development, practice, preparation, mental training and process-focus create the 'flow state'.

Our training at iZone is based on:

- **A commitment to long term skill development**, as well as creating quick wins to help today's performance.
- **Individualised and refined coaching programmes** designed to push you as a driver.
- **On-going innovation so you're never 'standing still'** in your training.



DRIVERS FROM THE ACROSS THE GLOBE

For the past 12 years iZone have been training drivers from across the globe both at iZone's Silverstone facility and remotely in their own country.

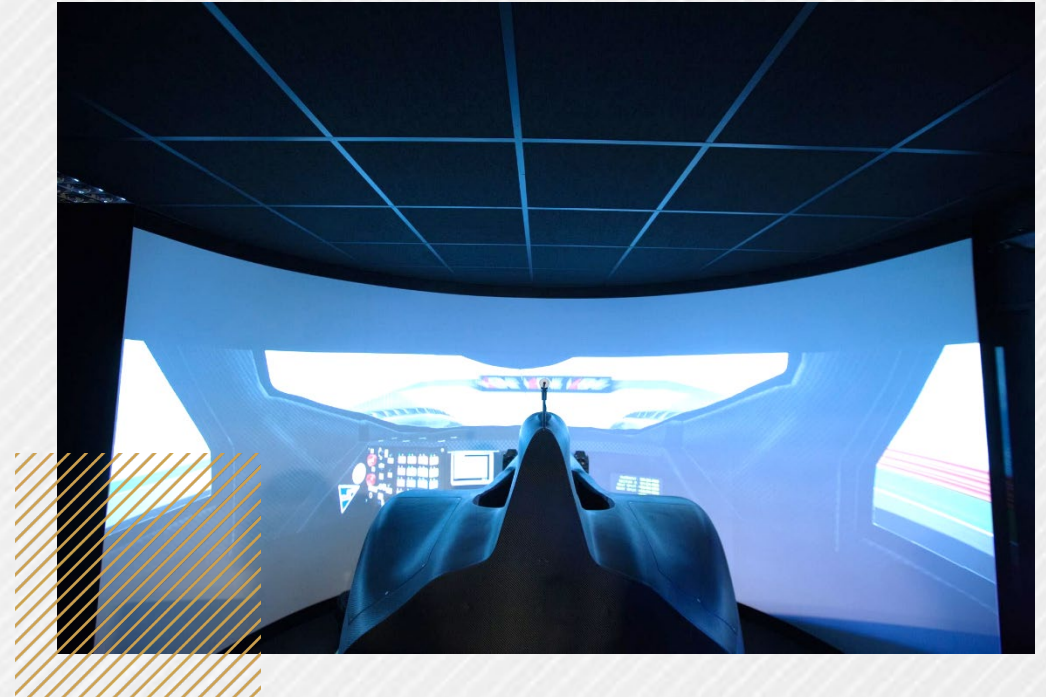
- **Residential courses** – Some of our drivers move to the UK to train and race, some come for just the season and others come over for a month or a week at a time for intensive training sessions.
- **Remote training** – The vast majority of our training curriculum can be delivered remotely over Zoom and Discord and all our training Drills can be accessed over Google Sheets.



THE PROGRAMME

Training at iZone is split into four distinct areas (covered separately in this document):

1. **Skill Training** – This includes simulator coaching sessions, simulator training drills, mental resilience training and conditioning, physical training and psychomotor training.
2. **Pressure Training** – Once skills have been learnt it is essential that they are tested in a rich environment under pressure, simulating actual competition conditions.
3. **iZone's Performance Clinic** – This is a 30-minute briefing/training session that runs 5 days a week at 08:30 every morning on Zoom. It includes a skill briefing on a performance topic (iZone have a library of over 200 talks on Dropbox), mindfulness training, visualisation and goal setting.
4. **Group Training** - As part of iZone's 'Training Community' drivers take part in a wide variety of group training activities, these include HIIT sessions, circuit training, group pressure days, yoga, boxing, mindfulness training with our performance psychologist and our own iRacing series.



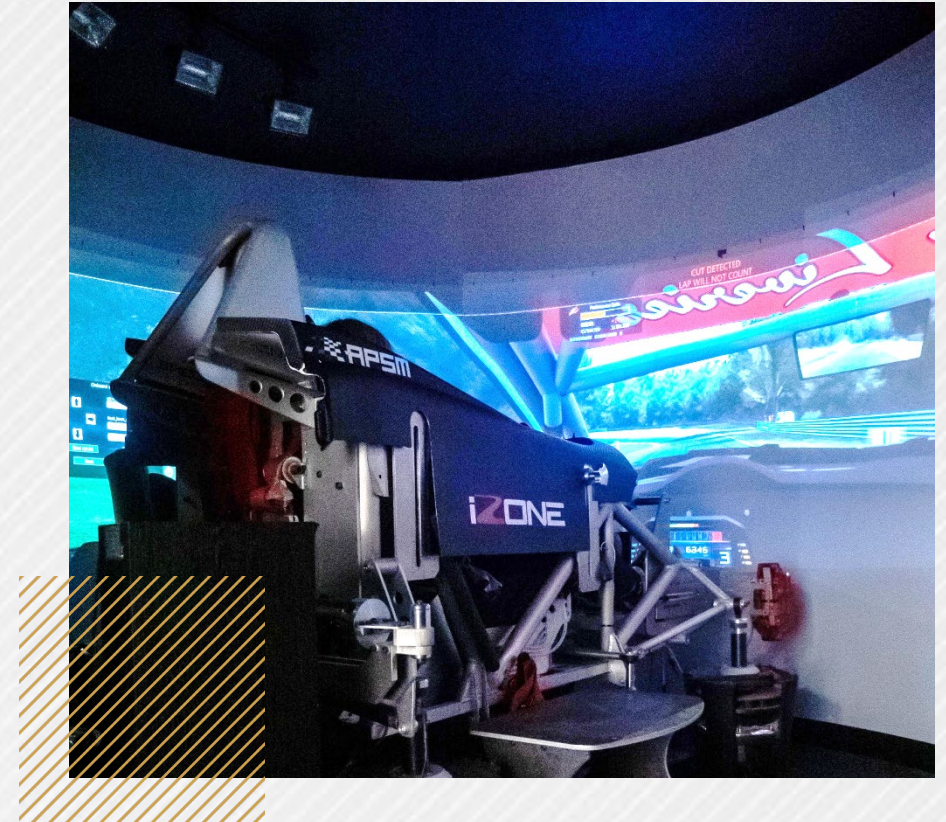
1

SKILL TRAINING

SKILL TRAINING

This is the primary focus of our training and includes the following:

1. **Goal Setting** – The starting point of our training is to establish the driver's long-term goals; this ensures that the scope of the training and the intensity of skill training and conditioning are matched to the requirements of the drivers' goals.
2. **Detailed Performance Assessment** - Once a driver's goals have been established, it's important to find out what are their current strengths and weakness (technically, mentally and physically).
3. **Benchmarking Performance** – As part of the Detailed Performance Assessment and as part of our on-going assessment and review, driver's performance will be benchmarked so that we can accurately monitor their development.
4. **Training Goals** - From all the information we gather during the Detailed Performance Assessment we create the driver's Training Goals which establish their training programme for the initial phase of their training.



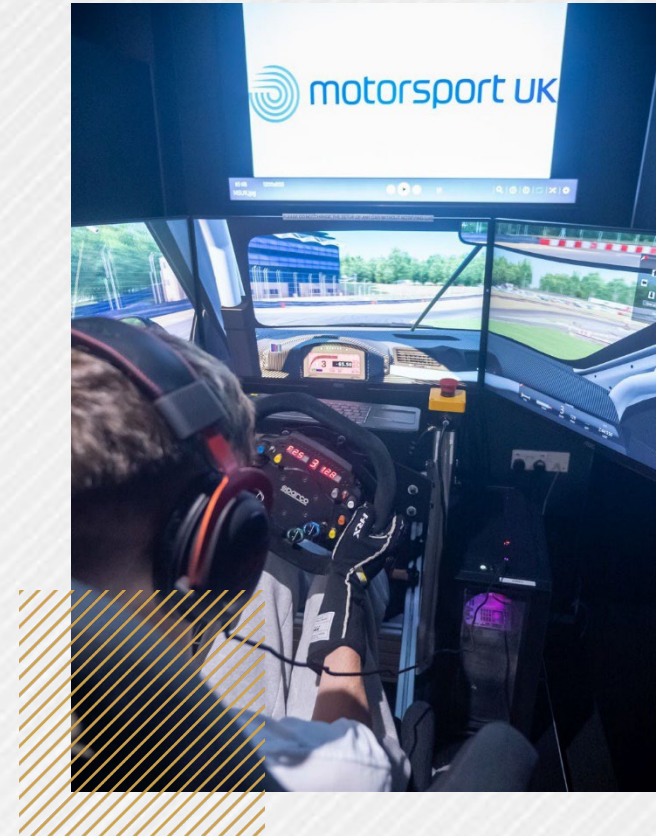
SKILL TRAINING Cont.../

- 5. **Simulator Training** – Using bespoke simulation and training technology our coaches' employ structured training drills that are designed to create rapid learning through as we progressively increase the level of challenge.
 - **Training 'Drills'** – Intensive training sessions that focus on consistency, adaptability, qualifying and racing.
 - **Training tracks** – We build our own training tracks to isolate individual driving skills i.e., rotation, braking, steering, judgement and vision.
 - **Training software** – Our training software records every aspect of a driver's performance and the driver's own performance analysis.
 - **Training vision** - We use eye tracking technology to enhance a driver's ability to judge where to brake, turn and apply power.
 - **On-going innovation** – This ensures that drivers are never standing still.
- 5. **Performance Psychology** - The role of Performance Psychology at iZone, led by our own in-house Performance Psychologist is to create mentally resilient drivers who can execute complex skills under the extreme pressures of competition. Many drivers can perform well when they are testing or practicing but it is only those with high levels of concentration and mental focus that can perform at a high level when under extreme stress.



SKILL TRAINING Cont.../

8. **Physical Training** - Fitness training at iZone is targeted on creating motorsport athletes, not just training for fitness or health. We consider the specific requirements of a driver's chosen formula to ensure that cardiovascular endurance and muscular strength are at a level to prevent any drop off in performance under physical stress.
9. **Psychomotor Training** – To drive a lap on the edge of adhesion requires precise execution of complex motor skills. To achieve this, we focus on developing steering reactions and control, brake power and fine motor control, enhanced balance and proprioception, and the co-ordination of hands, feet and eyes.
10. **Remote Skill Training** – All of the training at iZone can be accessed either at iZone or remotely. iZone are the pioneers of remote simulator coaching and we have created a coaching programme and software that allows us to provide one to one coaching and analysis via an on-line service anywhere around the world.



2

PRESSURE TRAINING

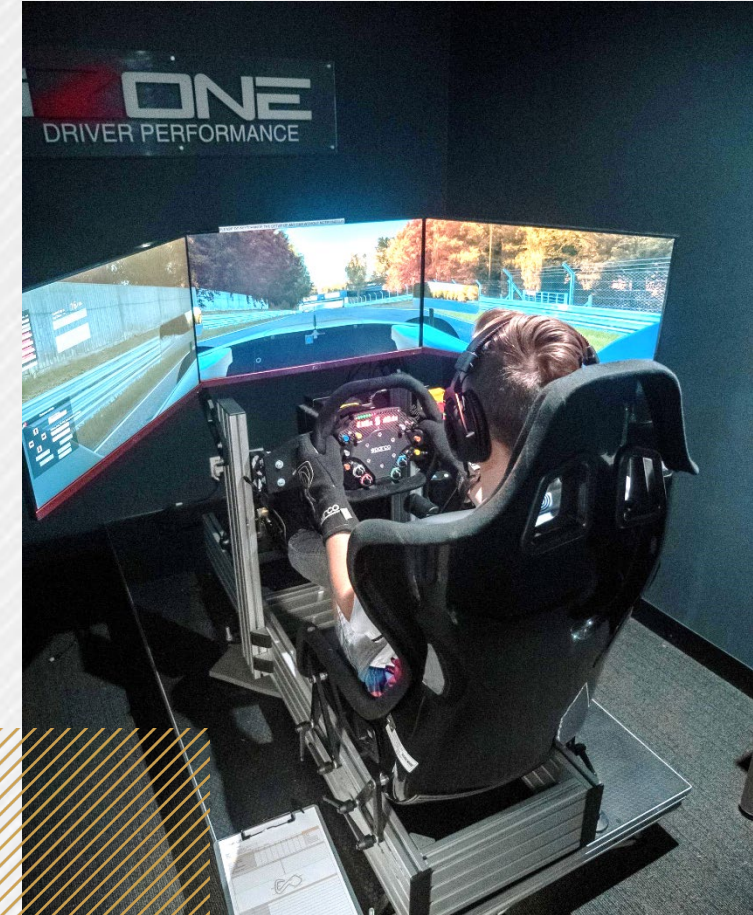
PRESSURE TRAINING DRILLS

Once core techniques have been learnt and practiced in the simulator it's important to put those techniques to the test under pressure.

Becoming skillful - A technique that can be performed consistently under pressure is considered to be a skill, and our training is focused on creating skillful drivers who see performing under pressure as the norm not the exception.

Pressure training drills - All our training Drills are managed and recorded using Google Sheets so that coaches can follow a driver's progress remotely as well as when they are at iZone. The Drills are designed to reinforce skills whilst progressively increasing the levels of challenge. They include:

- **Consistency** – Every lap being within 0.3 of a second at qualifying pace
- **Automaticity** – Creating flow through repetition and reinforcement
- **Adaptability** – The ability to adapt naturally to changing handling and grip levels
- **Qualifying** – The ability to produce one-off quick laps when it really matters
- **Race runs** – Staying focused no matter what pressure or disruption drivers face



GROUP PRESSURE DAYS

Every Tuesday (subject to availability) we run Group Pressure Days for up to 20 drivers.

Professional supervision - These events are supervised by our in-house Performance Psychologist and are designed to expose drivers to the stress of competition in an environment where they can learn from their mistakes.

Conditioning the right mindset - Through trial-and-error drivers learn to recognise and condition the right mindset, gradually building mental resilience around a clearly understood method.

The format - Each day involves up to twenty drivers split into five teams. After practice they compete head-to-head in simulated qualifying and race situations in up to six different car / track combinations, from single seaters and GT's, through to Touring Cars.

Gym tests – In addition to the simulator competition, drivers also take part in physical and psychomotor tests in the gym.

Briefings - The days include two briefings and a de-brief by our Performance Psychologist and when drivers are not in the simulator.



[CLICK HERE TO WATCH OUR
PRESSURE DAY VIDEO](#)

PRESSURE DAY ITINERARY

The following is an example of a typical pressure day that we would run on a Tuesday:

Time	TEAM A	TEAM B	TEAM C	TEAM D	TEAM E
8:30	PERFORMANCE CLINIC				
9:00	YOGA				
10:00	PERFORMANCE PSYCHOLOGY BRIEFING				
10:45	F3 Nurburgring S. (3)	G40 Donington Wet (e3)	McLaren Honda (S1)	RSR Bikerniki (e1)	Fitness (gym)
11:30	G40 Donington Wet (e3)	McLaren Honda (S1)	RSR Bikerniki (e1)	Fitness (gym)	F3 Nurburgring S. (3)
12:15	McLaren Honda (S1)	RSR Bikerniki (e1)	Fitness (gym)	F3 Nurburgring S. (3)	G40 Donington Wet (e3)
13:00	LUNCH				
13:15	PERFORMANCE PSYCHOLOGY BRIEFING				
14:00	RSR Bikerniki (e1)	Fitness (gym)	F3 Nurburgring S. (3)	G40 Donington Wet (e3)	McLaren Honda (S1)
14:45	Fitness (gym)	F3 Nurburgring S. (3)	G40 Donington Wet (e3)	McLaren Honda (S1)	RSR Bikerniki (e1)
15:30	FITNESS TEST				
16:00	PRE-PERFORMANCE ROUTINE				
16:10	GROUP HEAD TO HEAD QUALIFYING				
17:00	DE-BRIEF AND JOURNALING				
17:30	DEPART				

3

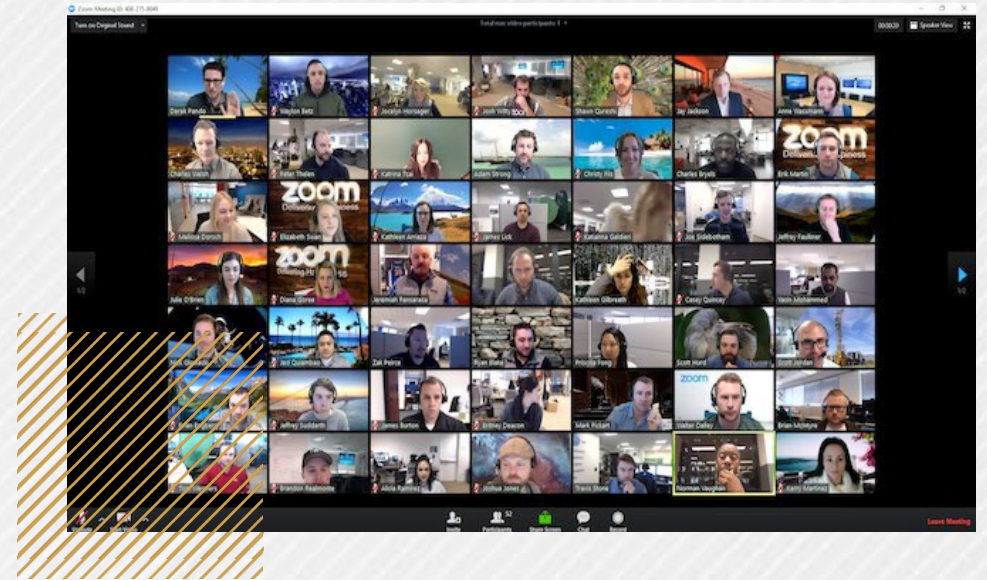
PERFORMANCE CLINIC

PERFORMANCE CLINIC

Our Performance Clinic runs Mondays to Fridays, 50 weeks of the year, at 08:30 every morning (live at iZone, live on Zoom and recorded on Dropbox).

These sessions underpin everything we do at iZone, and combine learning with conditioning exercises, allowing our drivers to hit the ground running at the start of the day. Each day includes:

1. **Performance Briefing** (10 minutes) - Each day has its own topic: Mondays – ‘Being The Best Version Of Yourself’, Tuesdays – ‘Being With Discomfort’, Wednesdays – ‘Effective Practice and Training’, Thursdays – ‘Performing Under Pressure’, Fridays – ‘Technique & Physical Skills’
2. **Mindfulness Practice** (10 minutes) - Mindfulness practice underpins all of the training Performance Psychologist does with our drivers, and this is a 10-minute conditioning exercise we do every day.
3. **Visualisation** (5 minutes) – Visualisation is a core skill that all drivers need to learn, and we practice different visualizations of real-life scenarios.
4. **Goal Setting** (5 minutes) – The session ends with driver’s reviewing their long-term goals and what they want to achieve in that day’s training.



4

GROUP TRAINING – IZONE’S ‘TRAINING COMMUNITY’

GROUP TRAINING

We are the only motorsport training center in the world that has a squad / community of drivers training together five days a week, 50 weeks of the year.

Attendance – This is not compulsory as drivers have different educational and work commitments, so some drivers join in for a day when they are in for their skill training sessions, whilst others attend every day of the week.

Group training – Some of the activities take place once or twice during the week and other take place on a daily basis.

Weekly :

- **Monday Mindfulness** – 60 minutes of training with our Performance Psychologist
- **Yoga** – 60 minutes of Yoga focused on the mind and the body
- **Boxing** – 60 minutes of non-contact boxing training

Daily:

- **Morning mindfulness** – 09:00 for 20 minutes
- **Morning HIIT session** – 09:20 for 40 minutes
- **Mid-day mindfulness** – 12:55 for 10 minutes
- **Gym training** – 15:00 for 60 minutes
- **Journaling** – 17:15 for 15 minutes

Cont.../



GROUP TRAINING

Group Training Cont.../

Group pressure training – Our on-going conditioning to create mental resilience

- **Pressure Days** – Every Tuesday (described separately)
- **Head-to-head pressure sessions** – On Monday's, Wednesday's, Thursday's and Friday's we end every day with an hour of head-to-head competition using the cars and tracks we use on Pressure Days. (This runs at iZone but drivers can join in remotely)

Training boards – Everything driver's do as group is recoded on our Training Boards both to benchmark performance but also to engender a sense of competition.

Personally driven development – Our gym, studio and training sims are available five days a week for our drivers to undertake their own personally driven development, take part in iRacing or to compete head-to-head with each other.



5

LOCATION

LOCATION

iZone is Europe's leading driver training facility, developed by triple World Touring Car Champion Andy Priaulx. We are based at Silverstone Park just next to the circuit:

iZone Driver Performance Ltd
Unit 2255 Silverstone Park, Silverstone Circuit, Towcester, NN12 8GX

Phone: 01327 856872

Email: info@izoneperformance.com

Website: www.izoneperformance.com

Follow us on Social Media:

 [izonedriverperformance](https://www.facebook.com/izonedriverperformance)

 [@izonedriverperformance](https://www.instagram.com/izonedriverperformance)

 [@izoneperformance](https://www.tiktok.com/@izoneperformance)

