PHYSICAL TRAINING

iZONE PERFORMANCE

REMOTE FITNESS ASSESSMENT

Our remote fitness assessment begins with a consultation with one of our sports science team about the driver's current training and their goals. They will then be assessed across several physical tests that they can do in their own homes (no equipment required) plus they will complete a detailed questionnaire. Following this, the driver will receive a detailed report and based on our findings, will then be given training recommendations to work on.

REMOTE INDIVIDUAL TRAINING PROGRAMME

Our home fitness programme provides over 2 hours of training exercises that are specifically designed for training from home. Following a consultation, the programme will be personalised to each driver's requirements depending on their needs and the equipment they have available. The programme consists of Cardiovascular, Strength, Psychomotor and Flexibility training and progress on all exercises is recorded by the driver and reviewed remotely by our trainer. The programme is then reviewed via a zoom consultation on a monthly basis.

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.

AFTER SCHOOL PHYSICAL & PERFORMANCE TRAINING (KART)

This 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.

iZONE DRIVER PERFORMANCE WITH ANDY PRIAULX

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

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