

RACING LINES  
DRIVER DEVELOPMENT

*Together we reach your goal*

## FITNESS PROGRAM 2016 SEASON

### WHAT IS IT ?

IN THE WORD MOTORSPORT THERE IS SPORT !

DRIVING NEED FULL MENTAL FOCUSING, SO YOUR BODY SHOULDN'T BE INTERFERING WITH YOUR CONCENTRATION. A FULL PREPARED BODY WILL ENSURE YOUR MENTAL FOCUSING FOR LONGER IN THE DAY.

THE HIGHER YOU WILL GET IN CATEGORY, THE MORE DEMANDING THE CAR TO HANDLE WILL BE ! SO STARTING EARLY TO TRAIN YOUR BODY AND FITNESS, WILL ASK YOU LESS EFFORT IN THE FUTURE TO ADAPT TO STRONGER/FASTER CAR.

A STEP FORWARD TO HELP YOU TO ENHANCE YOUR PHYSICAL PERFORMANCE IS TO MONITOR IT.

THE METHOD IS BASED ON ADVANCED ANALYSIS OF BEAT-BY-BEAT HEART RATE DATA AND ESPECIALLY HEART RATE VARIABILITY.

WE ARE USING SOME ECG/HEART BEATS RECORDER AND A SOFTWARE DEVELOPPED FOR MCLAREN F1 TEAM AND IN SEVERAL OTHER SPORTS (RUGBY, FOOTBALL, ETC...) . WE ARE ABLE THEN TO PERFORM ANALYSIS AND YOU WILL HAVE :

- TRAINING REPORT
- FITNESS REPORT
- DAILY STRESS REPORT
- FOLLOW UP REPORT

### FITNESS TEST DURING CHAMPIONSHIP

DURING THE 2016 SEASON, WE WILL PERFORM AT MINIMUM 3 FITNESS TESTS TO SEE THE EVOLUTION OF THE FITNESS LEVEL.. THE TEST WILL BE SPLITTED INTO 4 TESTS :

\* RUFFIER-DICKSON TEST : EVALUATION OF THE EFFICIENCY OF THE CARDIOVASCULAR SYSTEM

\* COOPER TEST : EVALUATION OF THE VO2 MAX (ABILITY TO DELIVER OXYGEN TO YOUR MUSCLES).

\* BEEP TEST : EVALUATION OF YOUR AEROBIC FITNESS AND WORKING ON THE MENTAL FITNESS.

\* CONCONI TEST : EVALUATION OF THE MAXIMUM ANAEROBIC AND AEROBIC THRESHOLD HEART RATES.



## Cost : 3200 € (without V.A.T.)

### PRICE INCLUDES :

- \* RECORDER BODYGUARD FOR THE DURATION OF THE CHAMPIONSHIP
- \* MINIMUM 3 FITNESS TESTS\*\* : 1 BEFORE THE WINTER PAUSE\*\*, 1 BEFORE THE SEASON, 1 AFTER ROUND 3
- \* ANALYSIS DURING EVENT : LEVEL OF FITNESS, STRESS MANAGEMENT
- \* A DETAILED REPORT AFTER EACH EVENT (RACE & TEST)
- \* A MONTHLY DETAILED REPORT BASED ON THE TRAINING PROGRAM
- \* MONTHLY ADAPTED TRAINING PROGRAM DEPENDING ON THE FITNESS LEVEL EVOLUTION
- \* ADVICES ON TRAINING AND WARM UP PROCEDURES

\*\* SCHEDULE COULD BE CHANGED DEPENDING ON CONDITIONS

RACING LINES DRIVER DEVELOPMENT  
SASU AU CAPITAL SOCIAL DE 1000

€ - SIRET : 805 034 790 000 16 RCS ANTIBES

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### ANALYSIS OF DATAS

DURING A RACE MEETING, WE ARE MONITORING THE HEART BEAT WHILE DRIVING. AFTER THE FIRST FITNESS TEST, WE WILL BE ABLE TO DISSOCIATE WHAT IS THE LEVEL OF FITNESS WHILE DRIVING AND WHAT IS THE PART OF STRESS AND WE'LL TRY TO APPLY SOME METHODS TO REDUCE THE LEVEL OF STRESS:



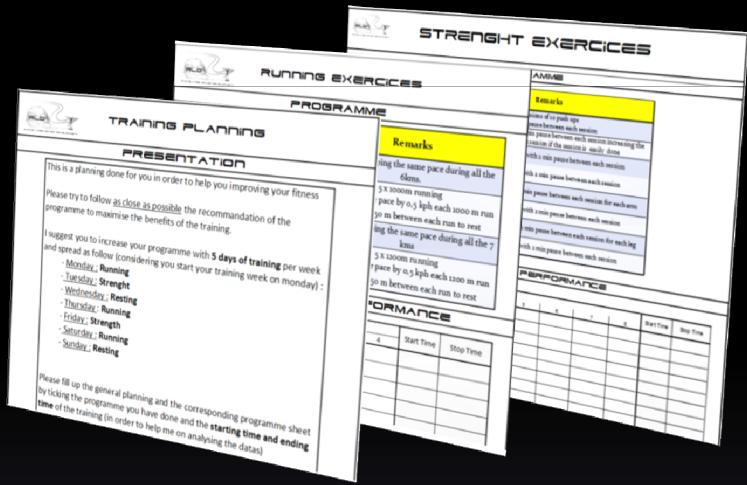
AFTER A RACE MEETING OR A TEST, THE DRIVER WILL RECEIVE A DETAILED REPORT OF HIS PERFORMANCE AND SOME REMARKS TO IMPROVE AND TO WORK ON FOR THE NEXT EVENT

### FITNESS PROGRAM

AFTER THE EVALUATION OF THE FIRST FITNESS TEST AND SEEING WHERE ARE THE AREAS TO WORK ON AND TO IMPROVE, WE DELIVER TO OUR DRIVER A PERSONNALISED TRAINING PROGRAM WITH A CLOSE FOLLOW UP ON THEIR PROGRESS.

BASICALLY THE DRIVER SEND ME EVERY WEEK THE DATAS OF HIS TRAINING SESSIONS AND AFTER ANALYSIS, I CAN ADAPT OR RE-INFORCE THE TRAINING PROGRAM ISSUED FOR EACH MONTH.

AT THE END OF THE MONTH, THE DRIVER RECEIVE A REPORT FROM HIS LEVEL OF FITNESS AND SEE IF HE ACHIEVED THE TARGETS WE SET AT THE BEGINNING OF THE MONTH.



### FITNESS ADVICES

PART OF THE JOB WILL BE AS WELL TO ADVICE THE DRIVER ON NUTRITION, HYDRATATION, BODY/MUSCLE UNDERSTANDING IN ORDER TO ALLOW THE ATHLETE TO UNDERSTAND MORE HIS BODY AND HELPING HIM IN PERFORMING BETTER DURING HIS TRAINING AND HIS WARMING UP PROCEDURE.



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## 2015 RLD2 FITNESS PROGRAM DRIVER

### NICO RINDLISBACHER, F4 DRIVER 2015

« IT WAS A PLEASURE TO BE PART OF THAT PROGRAM ! IT REALLY PUSHED ME TO MAKE MY EXERCICES EVEN THOUGH WHEN THE WEATHER WAS BAD OR SOMETHING ELSE !

UNLUCKILY I HAD MY CRASH IN MONZA WHICH THREW ME BACK IN MY TRAINING BUT WHEN I WAS ABLE TO DO MY EXERCICES I DID IT AND THAT MADE ME STRONGER THROUGH THE SEASON !

THERE WAS ALSO A LOT OF KNOWLEDGE WHICH I GOT THROUGH THIS AND I CAN RECOMMEND THIS TYPE OF TRAINING TO EVERYONE. »



### MATHIAS KRISTENSEN, TOYOTA RACING SERIES 2015

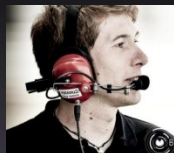
« THE TOYOTA RACING SERIES WAS AN INTENSE CHAMPIONSHIP – 5 RACE WEEK-END IN A ROW, WITH A LOT OF DRIVING DURING THESE WEEK-ENDS AND I WAS PLEASED TO HAVE THE HELP OF THE FITNESS RECORDING IN ORDER TO HELP ME TO MANAGE BETTER MY WEEK-ENDS (PHYSICALLY AND MENTALLY)

THE FITNESS TESTS DURING THIS PERIOD HELPED ME TO JUDGE MY LEVEL OF FITNESS AND WHAT I WILL HAVE TO IMPROVE FOR MY EUROPEAN SEASON.

AFTER I HAVE READ THE ANALYSIS, I KNOW WHAT I HAVE LEARNT AND TO FOCUS ON, THANK YOU. »



## WHO AM I ?



STARTING AS A DATA AND A RACE ENGINEER IN MOTORSPORT IN VARIOUS CATEGORIES (FR3.5, GP3, ELMS, TRS, FR2.0 & F4) I QUICKLY UNDERSTOOD THAT ANOTHER ASPECT OF THE SPORT AND THE PERFORMANCE WAS IMPLEMENTED BY THE LEVEL OF FITNESS OF THE DRIVER WHICH MAKES THE DIFFERENCE ON THE LAST TENTH WE ARE ALWAYS CHASING. I CREATED IN THAT WAY, MY COMPANY RACING LINES DRIVER DEVELOPMENT IN ORDER TO OFFER A FULL SERVICE TO THE TEAM AND DRIVERS I AM WORKING WITH.

COMPLEMENTARY TO THE ENGINEERING SIDE, I STUDIED BASIC MEDECINE AND BODY AND MUSCLE ARCHITECTURE. I HAVE AS WELL A MASSOTHERAPIST DIPLOMA.

WITH THE FINNISH COMPANY FIRSTBEAT WE ARE DEVELOPING TOOLS TO HELP THE MONITORING OF FITNESS AND HEART BEAT ANALYSIS WHICH I USE TO HELP MY DRIVERS TO PREPARE THEMSELVES AND PERFORM AT THEIR BEST.

CONTACT :

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