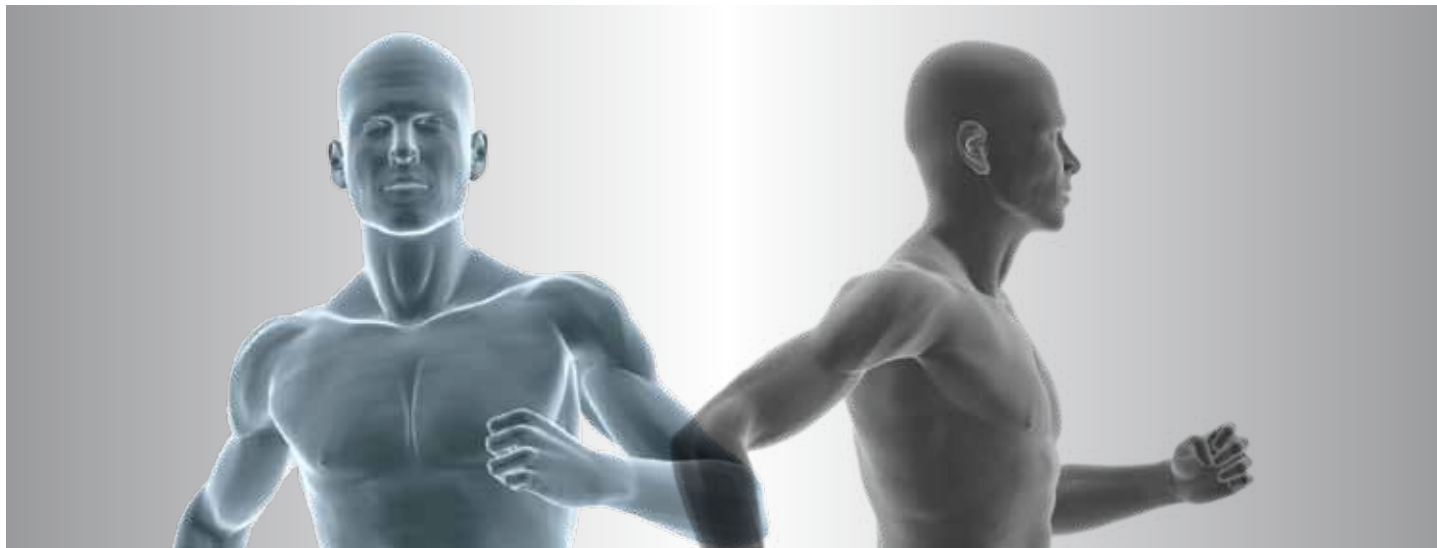




PORSCHE



# Human Performance

Porsche Experience Centre - Silverstone



**PORSCHE**

**HUMAN  
PERFORMANCE**  
GREAT BRITAIN



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# Introduction

Porsche Human Performance recognises that the most important component of any vehicle is the driver.

Our services are delivered by experts with a rare combination of academic qualifications in exercise science and coaching, experience working at the highest level in motorsport and competitive backgrounds as elite athletes.

We are located at the Porsche Driving Experience Centre, Silverstone. The facility includes a sports science laboratory, equipped with state-of-the-art technology from Technogym and Optical Express. A heat chamber is available for specialist acclimation training for athletes and drivers prior to competing in hot climates.

Porsche Human Performance is proud to be the fitness assessment provider for the BRDC Super Stars programme and to work closely with the MSA and Racing Steps Foundation to develop the UK's most promising young drivers.

For further information or to book please contact Porsche Human Performance on **08443 577 911** or by email: **[php@porsche.co.uk](mailto:php@porsche.co.uk)**  
[www.porsche.co.uk/humanperformance](http://www.porsche.co.uk/humanperformance)



# The Porsche Human Performance Team

The Porsche Human Performance team brings a wealth of experience in the fields of sports and exercise science, coaching and medicine to the centre. Between them they have worked with elite drivers in F1, World Rally, Moto GP and almost

every other competitive motorsport formula. They also advise athletes in many endurance sports and a range of individual and corporate clients on health and wellbeing programmes.

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The team from left to right ▶

- Eliot Challifour** Human Performance Manager
- Gareth Evans** Strength and Conditioning Coach
- Mr. R S Jutley** Consulting Medic
- Andy Blow** Human Performance Manager
- Pippa Alford** Sports Scientist





## Motorsport

Competitors in motorsport need to be physically comfortable under the unique stresses that racing places upon the mind and body. A complete and accurate assessment of key fitness parameters is the starting point for all of our packages and gives a driver a complete understanding of their current performance level. This allows a training plan to be specifically tailored to maximise improvements and strengthen any weaknesses. The plan can be complemented with face-to-face training sessions. A follow up assessment then identifies how much improvement has been made and where there is room for more. This ongoing approach of assessment, training and evaluation is highly effective in getting any driver race fit, whatever their level of competition.

**Race Fit Pro** - 12 week package: £995

- 2 x Motor Sport Fitness Assessments
- 12 week training plan,
- 12 hours one-to-one training

**Race Fit** - 12 week package: £749

- 2 x Motor Sport Fitness Assessments
- 12 week training plan **OR**
- 12 hours one-to-one training

**Individual one-to-one training sessions**

£95/90min

£195/4hrs

**Motorsport Assessment** £395

**Bespoke training plan** (delivered online) £175\*

\*price per month, minimum 3 month commitment



A Customised Hydration Assessment allows any driver to understand their sweat sodium losses and therefore devise a suitable replacement strategy. It is highly recommended to all international drivers and anyone competing in a hot environment. It can be added to any Motorsport package for just £95. ▶



# Endurance

The Porsche Human Performance laboratory offers physiological analysis of your performance to measure output, track your progress and maintain precision in your training and preparation.

All testing is performed using the most appropriate mode of exercise for you. Runners will be tested on the Technogym Excite Med treadmill, rowers on a Concept 2, and cyclists on an SRM equipped

cycle ergometer. We can cater for triathletes, runners, cyclists (road, time trial and mountain bike) and adventure racers. All assessments offer an objective assessment of your current fitness level and identify training zones to allow you or a coach to prescribe training effectively.

We have a real passion for endurance sports and know what it takes to help you achieve your potential. Members of staff have competed at an international level in triathlon, Xterra and adventure racing.

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**Single Sport Package** £495  
2 x Single Sport assessments 12 weeks apart, a fully personalised training plan and access to the eLog online training diary between the 2 assessments.

**Multi Sport Package** £595  
2 x Multi Sport assessments 12 weeks apart, a fully personalised training plan and access to the eLog online training diary between the 2 assessments.

**Individual services:**

Single sport lab assessment (Running, Cycling, Rowing)	£195
Multisport lab assessment (Most commonly Cycling and Running for triathletes)	£295



◀ A Customised Hydration Assessment allows any athlete to understand their sweat sodium losses and therefore devise a suitable replacement strategy. It is highly recommended for anyone competing in a hot environment or ultra distance. It can be added to any assessment package for just £95.





**CHRISTINE  
LAURE**

**LAURE**

**Shell**

**DUNLOP**

**CHRISTINE LAURE**  
**PRET**

**BANCHI**

## Heat Acclimation

As used by Moto GP race winner Bradley Smith, Porsche Supercup Drivers and numerous successful competitors in the Marathon Des Sables.

Dealing with the heat whilst racing is one of the biggest physiological challenges faced by any athlete, particularly in motor racing and endurance events.

Training in a hot environment such as the heat chamber at the Porsche Human Performance Centre is proven to improve an individual's performance when the temperature rises.

We offer acclimation and sweat check packages for 1 or 5 sessions. Costs start from just £95 for an individual acclimation training session or an individual sweat check. In conjunction with our consultant Medic, Mr. R S Jutley we can also offer a complete hydration evaluation service to work out your fluid and electrolyte requirements for a particular race or event.

### Packages

1 Heat Acclimation session	£95
5 Heat Acclimation sessions	£395



## Customised Hydration

Sodium is the most important electrolyte lost in sweat. Human sweat sodium levels vary 8 fold. This assessment identifies your individual sweat sodium losses and allows a customised hydration strategy to be prescribed for you.

Benefits of customised hydration

- Greater endurance
- Reduced cramping
- Better coordination, reaction and responses

Customised hydration is of most benefit to racing drivers, endurance athletes or anyone competing in a hot environment.

### Packages

Customised Hydration	£95
Customised Hydration and 1 Heat Acclimation session	£149
Customised Hydration and 5 Heat Acclimation sessions	£449





## Wellness

Wellness means feeling healthy, energised and vibrant.

On an individual level it increases your resistance to stress, improves focus and enables you to enjoy all aspects of your life including driving to the full.

### **Drivers Wellness Check** £95

- Blood pressure check
- Blood glucose and cholesterol testing
- Body composition analysis
- Grip strength
- Vision and reaction testing
- Consultation on Wellness Check results



▲ Vision testing

## Corporate Wellness

In the work place wellness leads to increased productivity, a more positive working environment and financial savings by reducing health care costs and days lost to illness.

Please contact us for an extremely competitive quote on a Wellness Check Service for your business or if you would like to know more about the benefits this can have.



▲ Body composition analysis





## MSA Medical

Porsche Human Performance has teamed with MSA-approved doctor, Mr. R S Jutley, a heart surgeon and author of best selling Fit for Motorsport and Motorsport Fitness Manual, to provide racing medical examinations and stress ECG testing for national and international licences.

### MSA Medical Examination

The race driver medical is undertaken to strict MSA standards during which a detailed examination is performed.

First time applicants 18 years and over applying for a Car, Truck or Kart (not Kart Clubman) Racing licence will be required to pass a medical examination. After 45 they will be required to pass an annual medical examination.

Applicants for all International grades of Competition Licence will also be required to pass an annual medical examination.

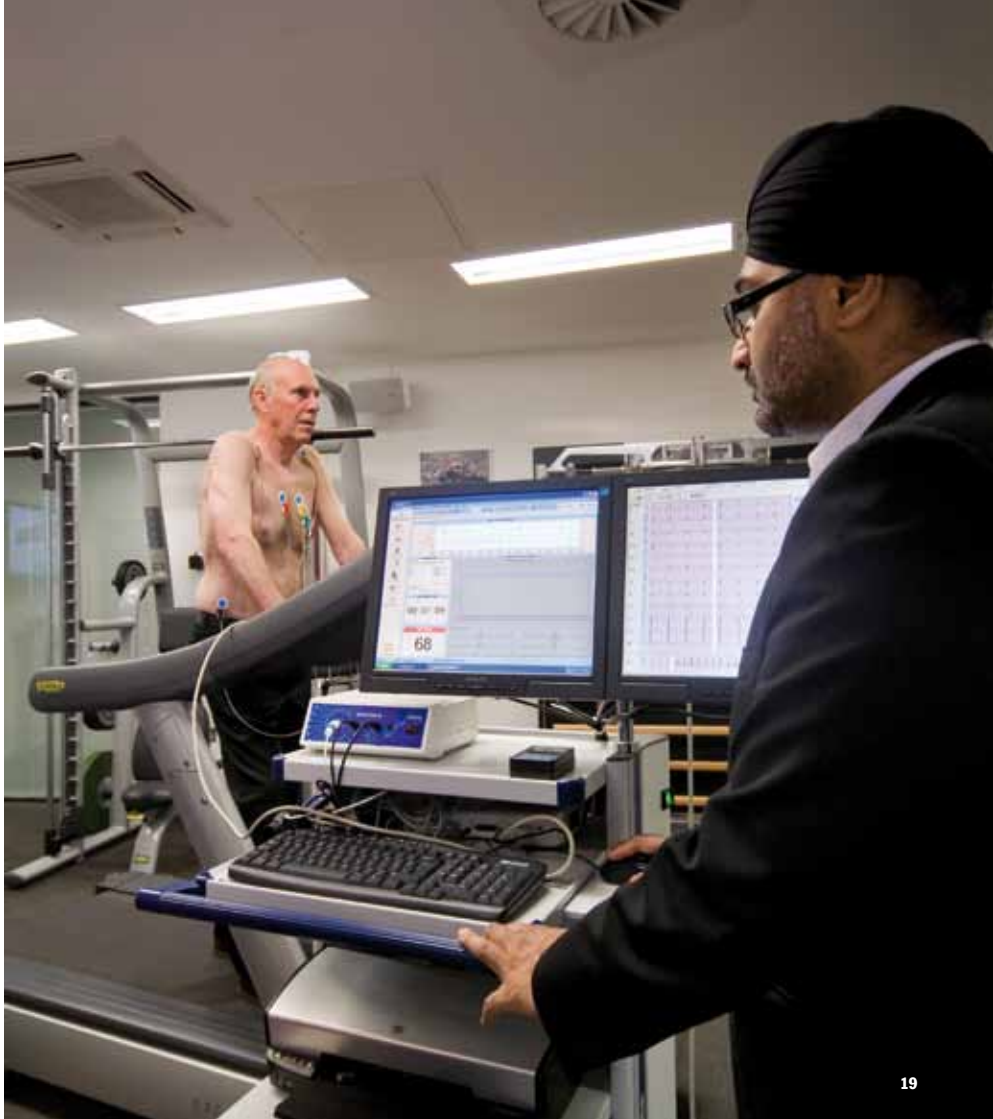
International Competition Licences incorporate a FIA Medical Certificate of Aptitude, and every 2 years for applicants under 45 a 12-lead electrocardiogram.

International licence applicants 45 years of age and over must include a stress related Electrocardiogram. The stress related ECG will be valid for two years and will need to be subsequently undertaken in respect of the licence application in the third year.

### **ECG Stress Test**

Porsche Human Performance offers stress ECG for all competitors aged over 45 in compliance with MSA regulations. This test is valid for two years and will need to be subsequently undertaken alongside the licence application in the third year.

MSA medical	£95
MSA medical and stress test	£295





## Testimonials



"I feel the most important thing about the Porsche Human Performance Centre is the vast experience the personnel have across the board. This means in whatever type of car racing a driver might be competing in, they have a good understanding of the demands required to really lift the bar for the individual. I highly recommend it."

**Mark Webber, F1**



“Porsche Human Performance is not only a top class facility it has the very best people inside it as well. In racing and in sport there are so many aspects which need to be checked and covered, Porsche Human Performance knows that and has the vital knowledge to make the difference between winning and losing.”

**Bradley Smith, MotoGP**



“Training with Porsche Human Performance has given me the discipline & helped me implement and manage a good training regime while still managing a busy work schedule. Through a tailored training program this has had a step change in my fitness levels and helped my diet to make a “Real” difference. Thanks guys.”

**Neil Houston**

**Commercial Director & Amateur Race Driver**



“The support of Porsche Human Performance for the Porsche Carrera Cup GB Scholarship programme has been central to the development of the young drivers. In a championship like the Carrera Cup, where the cars are identical, the result is all down to the driver and so being in peak physical condition is essential. The Scholarship winners have all benefited a great deal from working with Porsche Human Performance on their training programmes.” **Marion Barnaby**

**Motorsport Manager, Carrera Cup Great Britain**

# Partners

## Technogym

Technogym has been selected to partner with the Porsche Human Performance Centre at Silverstone in order to provide state-of-the-art training equipment. This ensures that the centre has access to the most advanced fitness technology available for all assessments and training plans.



[www.technogym.com](http://www.technogym.com)

## Optical Express

Optical Express has been carefully selected to partner with the Porsche Human Performance Centre at Silverstone. The importance of vision on performance driving and driver safety cannot be overlooked and the state-of-the-art technology used in the screening tests at Silverstone can detect and quantify imperfections in the eye 25 times more accurately than in standard eye examinations. This affords drivers a unique opportunity to fulfil both their visual and performance driving potential.

**Optical Express**

[www.opticalexpress.com](http://www.opticalexpress.com)

## Adidas

Personal fitness, nutrition and mental preparation are fundamental to improving the concentration and performance of the driver whether on the road or race track. In partnership with the Porsche Human Performance team Adidas Motorsport has put together a range of apparel and footwear that meets the exacting personal fitness and training needs of the dedicated driver.



[www.adidas.com/uk](http://www.adidas.com/uk)

## How to book

For your comprehensive fitness assessment and wellness package please contact Porsche Human Performance.

### **Contact Details**

Call **08443 577 911** or email **[php@porsche.co.uk](mailto:php@porsche.co.uk)**

[www.porsche.co.uk/humanperformance](http://www.porsche.co.uk/humanperformance)

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