



PORSCHE



Human Performance

Porsche Driving Experience - Great Britain

Human Performance Silverstone



Introduction

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

Our assessments give you a greater understanding of your health and fitness levels and contain driving-specific elements. Advice, exercise and nutritional plans can then be prescribed to provide structure and motivation to achieve your goals.

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 racing drivers prior to competing in hot climates.

For further information or to book please contact Porsche Human Performance on 08443 575 911 or by email: php@porsche.co.uk

Experts

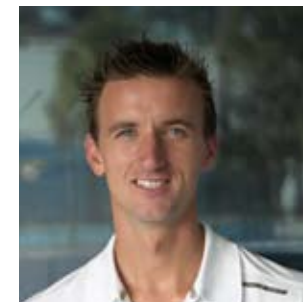
Human Performance Team



Andy Blow

Andy Blow is a Sport and Exercise Scientist with a degree from the University of Bath. He has worked in the motorsport industry his entire career; starting off as the sports scientist for the Benetton and Renault F1 teams training top international drivers Fernando Alonso, Jenson Button, Mark Webber and Jarno Trulli, amongst others. More recently he has co-authored the book - 'The Motorsport Fitness Manual' with Dr. Raj Jutley.

As an athlete, Andy represented the Great Britain elite team in triathlon and duathlon at World Championship level and recorded several top 10 international Ironman finishes.



Eliot Challifour

Eliot Challifour has competed at a professional level in triathlon, Xterra and adventure racing for the past 10 years. Highlights of his sporting career include representing the Great Britain elite team at World Championships in short and long course triathlon, and achieving a sub 9 hour Ironman and numerous top ten finishes in the Ironman 70.3 and Xterra series.

Eliot holds a degree in Coach Education and Sports Development and has worked with numerous high-profile motor racing drivers and endurance athletes, providing one-to-one coaching and training programs.



Pippa Alford

Pippa Alford joined the Human Performance team in 2008, bringing expertise gained from her time working at a leading North American sports science institute.

She holds a degree in Sport and Exercise Science and has a special interest in the Wellbeing programs; assessing health-related risk factors and the management of these through exercise plans and nutritional interventions.

Having competed to a high level in athletics and rowing, Pippa is now training to compete in adventure races and running events.

Motorsport Assessment

Competitors in motorsport need to be physically comfortable under the unique stresses that racing places upon the mind and body. An accurate assessment of key fitness parameters gives a driver a complete understanding of their current performance level. This allows training to be specifically tailored to maximize improvements and strengthen any weaknesses.

A motorsport assessment can be used as a standalone service to aid development of your own training plan or we can offer a comprehensive support service in our Performance package.

The Motorsport Assessment comprises:

- Aerobic fitness assessment
- Strength assessment
- Complete body composition analysis
- Reaction and co-ordination testing specific for driving
- Eyesight screening specific for driving
- Comprehensive consultation on assessment results.

Cost £349

Sports Psychology Assessment

(optional addition to the Motorsport Assessment):

The Test of Attention and Interpersonal Style (TAIS) is a sporting gold standard measure of how you concentrate, interact with others and perform under pressure. Your results are referenced against a general population and those of World Champions, allowing us to identify ways in which your psychological skills can be improved and your performance enhanced.

Cost £49

Pro-Am Training

Porsche Human Performance have experience working at the highest level in world motorsport, ensuring our understanding of what it takes to succeed in this competitive environment is second to none. For competitive drivers, improved physical conditioning enables greater consistency of lap times, increased tolerance of extreme environments and heightened concentration levels. The Pro-Am service provides motorsport specific fitness training and laboratory assessments to ensure a driver is maximizing their physical potential.

The Annual Pro-Am Training Package includes:

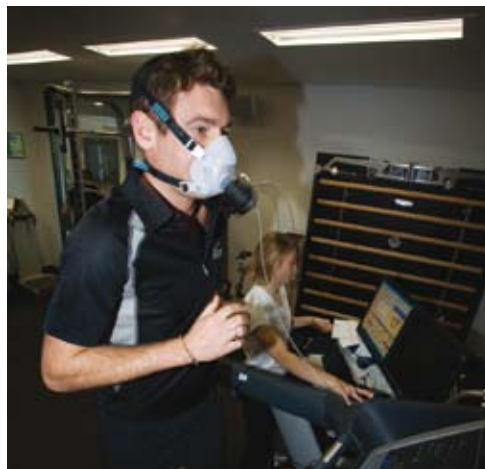
- Personalised online training programme including email and telephone support
- Two motorsport assessments
- Twelve individual half day training sessions.

Cost £3,995 for a 12 month period

Additional Services can include:

- Physiotherapy
- Massage
- Warm weather training camp
- Nutritional packages
- Additional 1-1 training sessions
- Acclimation training in heat chamber.

Please enquire for cost details



Heat Acclimation

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.

By monitoring core body temperature, sweat losses and hydration status during an acclimation programme at Porsche Human Performance, you can learn how your body is adapting to the heat, allowing you to perform at your very best and gain a distinct edge over your competitors.

Full acclimation takes around 14 days but over 75% of the gains can be made in as little as 5 days with individual sessions of just 40 to 60 minutes in the heat chamber.

We offer acclimation programmes over periods of between 5 and 14 days typically requiring 1-2hrs per session during that time. Alongside each programme we help you to develop personal strategies for fluid and electrolyte replacement to further enhance performance in the heat.

Cost: from £495 for a 5 day package



MSA Medical

for Licensing and ECG Stress Test

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. Current MSA regulations mandate that all international licence applicants, over 18, applying for a race, truck or kart race licence need a MSA medical examination. Those aged over 45 need an annual medical examination to continue in motorsport.

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. As part of the included treadmill analysis we will provide you a probability score of developing coronary artery disease in the future.

For a more accurate Framingham Score, we can combine your medical examination and blood results to give you a percentage risk of developing angina, heart attack or other potentially fatal conditions.*

*This requires a medical examination by our heart specialist as well as blood analysis.

Availability and booking:

MSA medical and ECG stress testing will be available every 6 weeks on a Saturday at the Porsche Human Performance Centre, Silverstone. To book the next available session, contact us on 08443 575 911 or email: php@porsche.co.uk.

Costs:

MSA medical	£79
ECG stress test	£449
ECG stress test and MSA medical	£495
ECG stress test and Framingham cardiac risk score	£495
ECG stress test and MSA medical and Framingham cardiac risk score	£549



Wellness

Wellness means feeling healthy, energised and vibrant.

It increases your resistance to stress, improves focus and enables you to enjoy all aspects of your life to the full.

The experts at Porsche Human Performance offer the following Wellness Assessment packages and interventions to help you fully understand your health and identify ways in which your lifestyle can positively influence your wellbeing.

Wellness Check

- Blood pressure check
- Blood glucose and cholesterol testing
- Body composition analysis
- Consultation on Wellness Check results.

Cost £49

Wellness Assessment

- Lifestyle consultation
- Body composition analysis
- Blood pressure check
- Blood glucose and cholesterol testing
- Lung function assessment
- Eyesight screening specific for driving
- Reaction and co-ordination testing specific for driving
- Flexibility and strength test
- Comprehensive consultation on assessment results.

Cost £195

Exercise Package (optional addition to Wellness Assessment)

- Sub maximal exercise test
- Aerobic capacity estimation
- Aerobic training zone identification
- 1 months free subscription to 'e-log', our online training diary
- Option to have monthly training plans and personal training sessions to provide the structure and motivation to achieve a healthier lifestyle.

Cost from £95

Nutritional Package (optional addition to Wellness Assessment)

- Nutritional consultation
- Hydration assessment
- Determination of resting metabolic rate (RMR)
- Option to start Nutrichef Meal Plan.

Cost from £95

Group and corporate wellness assessment packages are also available, please contact Porsche Human Performance for further details.



Endurance Athlete Assessment

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 can be performed using the most appropriate mode of exercise for you. For example runners will be tested on the Technogym Excite Med treadmill, rowers on a Concept 2 machine, and cyclists on an SRM equipped ergometer. We can cater for triathletes, runners, cyclists (road, time trial and mountain bike), adventure racers and team sport players. We have a real passion for endurance sports and know what it takes to achieve your potential. The staff have competed at an international elite level in triathlon, Xterra and adventure racing.

Each physiological assessment has two main aims:

- 1 - To determine training zones to allow you or your coach to accurately prescribe training intensity.
- 2 - To monitor performance levels and therefore track improvement over time and evaluate the effectiveness of a training strategy.

The assessment also allows an experienced sports scientist and coach to watch your performance from a technical perspective to identify areas for improvement.

Costs:

Single Sport	£195
Multisport (bike and run for triathlon)	£295



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.

Nutrichef

Nutrichef works with the Porsche Human Performance Centre by providing nutritional support in the form of consultations and meal plans. Clients choosing a meal plan enjoy the luxury of having a tailored programme of breakfast, lunch and dinner delivered to their door on a regular basis. Nutrichef clients usually experience a wide range of health benefits including increased energy levels, improved digestion and loss of excess weight.

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.



www.technogym.co.uk



www.nutrichef.co.uk



www.opticalexpress.com

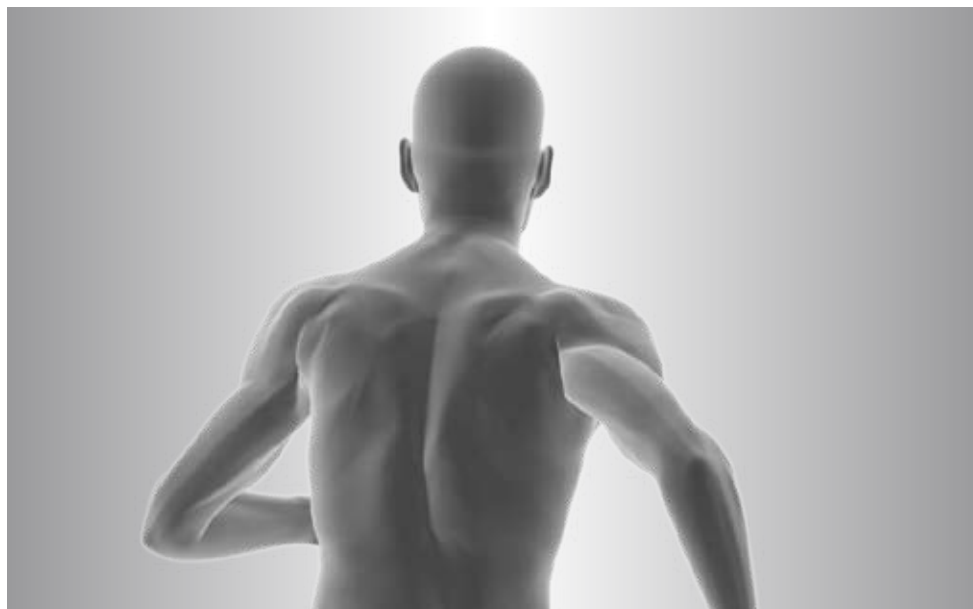
Bookings

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

Contact Details

Call 08443 575 911 or email php@porsche.co.uk





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