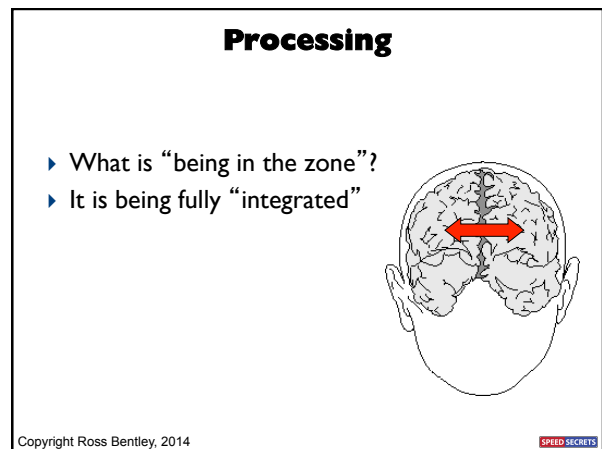
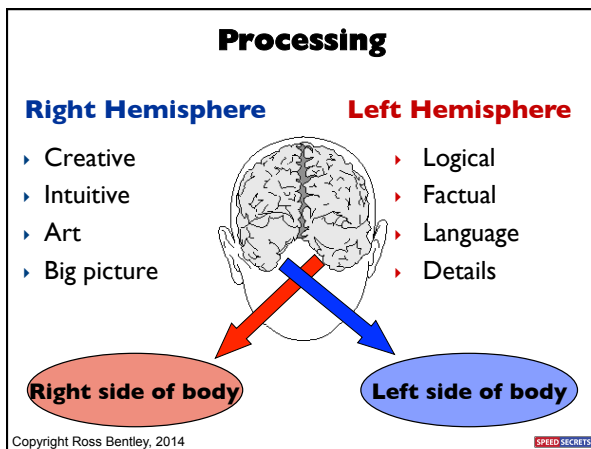
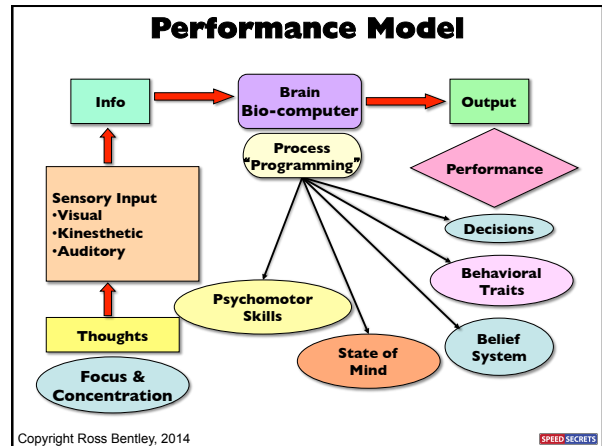


I N N E R
SPEED SECRETS

Part 2

SpeedSecrets.com

Copyright Ross Bentley, 2014



SPEED SECRET

Integrate your mind to get in the Zone.

Copyright Ross Bentley, 2014

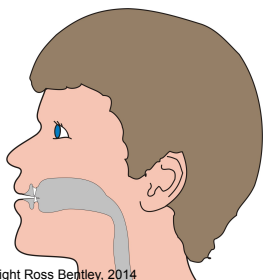
**Cross
Crawls**



Copyright Ross Bentley, 2014

SPEED SECRETS

Centering



Copyright Ross Bentley, 2014

SPEED SECRETS

Programming

We do what we do because we're programmed to do so.

We don't do what we want because we either don't have the right program, or

We access the wrong program.



Copyright Ross Bentley, 2014

SECRETS

Read the colors from left to right:

Red	Blue	Yellow	Green
Blue	Green	Yellow	Red
Green	Red	Blue	Green
Red	Yellow	Red	Green
Green	Blue	Red	Yellow
Blue	Blue	Green	Red
Red	Blue	Red	Yellow

Copyright Ross Bentley, 2014 SPEED SECRETS

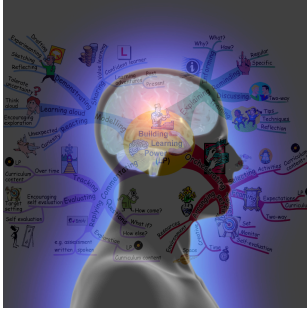
Programming

- ▶ Must drive car at what level?
 - ▶ Conscious?
 - ▶ Subconscious?
- ▶ Why?
 - ▶ Conscious: 2,000 bits/second
 - ▶ Subconscious: 4,000,000,000 bits/second

Copyright Ross Bentley, 2014 SPEED SECRETS

Programming

- ▶ Learning Mode:
 - ▶ Conscious
 - ▶ Thinking
 - ▶ Analytical
- ▶ Performance Mode:
 - ▶ Subconscious
 - ▶ Trust programming
 - ▶ “Just do it”




Copyright Ross Bentley, 2014 SPEED SECRETS

Programming

Where does your programming come from?


- ▶ Physical
- ▶ Mental
- ▶ External/Internal



Copyright Ross Bentley, 2014 SPEED SECRETS

Programming

▶ Visualizing vs. Mental Imagery



Copyright Ross Bentley, 2014 SPEED SECRETS

SPEED SECRET


The more senses you involve in mental programming, the more effective it will be.

Copyright Ross Bentley, 2014

Programming

Program what?


- ▶ Psychomotor skills - techniques, track, etc.
- ▶ Focus trigger - Pre-Planned Thought (PPT)
- ▶ Ability to sense the limit & car feedback
- ▶ State of Mind
- ▶ Behavioral traits
- ▶ Belief system
- ▶ Race starts
- ▶ Racecraft scenarios - mindset



Copyright Ross Bentley, 2014 SPEED SECRETS

Programming: How To

1. Prepare -
 - ▶ Identify desired program & trigger
 - ▶ Write narrative for program & trigger
 - ▶ Schedule mental imagery sessions
 - ▶ Position yourself
2. Mental imagery -
 - ▶ Relax (Alpha-Theta state)
 - ▶ Mental imagery of program & trigger
 - ▶ End with reward



Copyright Ross Bentley, 2014 SPEED SECRETS

SPEED SECRET

Drive in your mind before driving on the track.

Copyright Ross Bentley, 2014

Mental Imagery



Copyright Ross Bentley, 2014

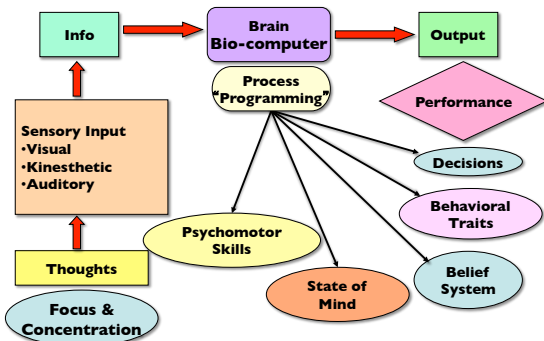
I N N E R
SPEED SECRETS
“Tools”

5. Cross Crawls
6. Centering
7. Mental programming (imagery)

Copyright Ross Bentley, 2014

SPEED SECRETS

Performance Model



Copyright Ross Bentley, 2014

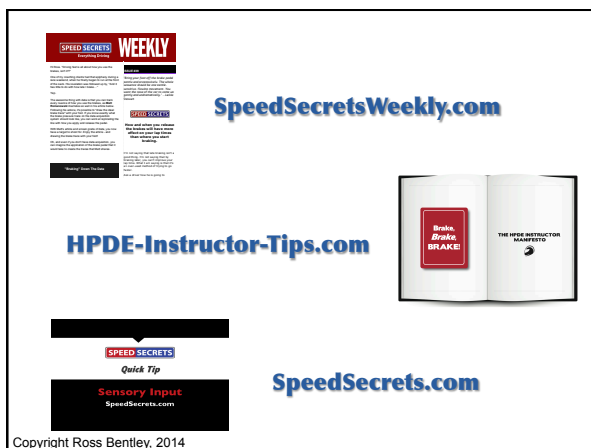
SPEED SECRETS



I N N E R
SPEED SECRETS

Q & A


Copyright Ross Bentley, 2014



SPEED SECRETS WEEKLY

SpeedSecretsWeekly.com

HPDE-Instructor-Tips.com



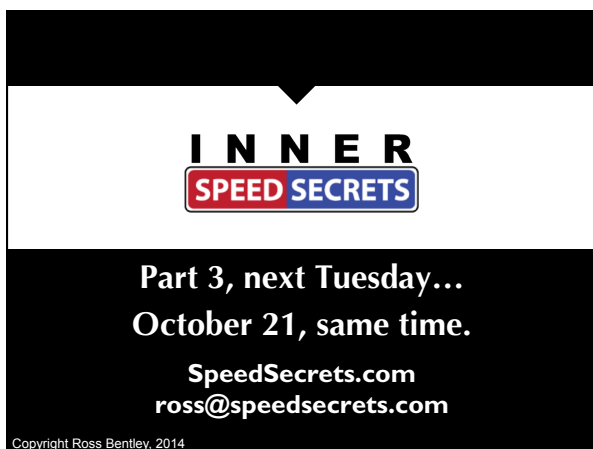
SPEED SECRETS

Quick Tip

Sensory Input
SpeedSecrets.com

SpeedSecrets.com

Copyright Ross Bentley, 2014



I N N E R
SPEED SECRETS

Part 3, next Tuesday...
October 21, same time.

SpeedSecrets.com
ross@speedsecrets.com

Copyright Ross Bentley, 2014