

5 Ways to Drive Faster
SPEED SECRETS
Webinar

- What We'll Cover...**
1. Programming
 2. Braking
 3. Throttle
 4. Vision
 5. Comfort Zone
- SPEED SECRETS

1. Programming

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Improve Your Programming

- We do what we do because we're programmed to do so
- We don't do what we want either because we don't have the right programming...
- Or we accessed the wrong programming



Programming

How do we develop our programming?

- Physically
- Mentally
- External/Internal



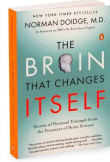
Programming

- "Visualizing"
- Mental Programming
- Mental Imagery



Neuro-Plasticity

- o No practical limit to what we can learn
- o Old dogs can learn new tricks!



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When To Use Mental Imagery

- o Learning a track
- o Developing a skill/technique
- o Building a mindset

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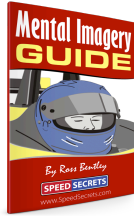
How To Use Mental Imagery

- o Develop plan
- o Relax
- o Imagine
- o Use all senses
- o Build "trigger"
- o Minimum 15 minute session; pre-sleep/post-sleep; pre-track

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Practice Plan: Programming

- o Included in webinar content downloads



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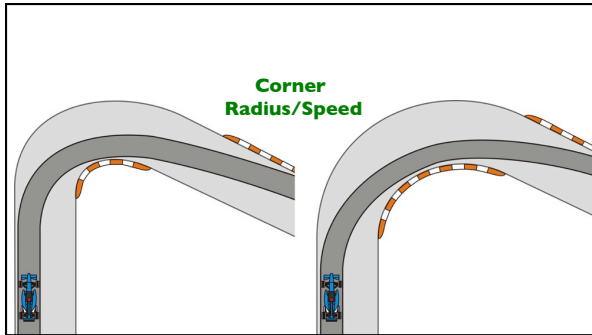
2. Braking

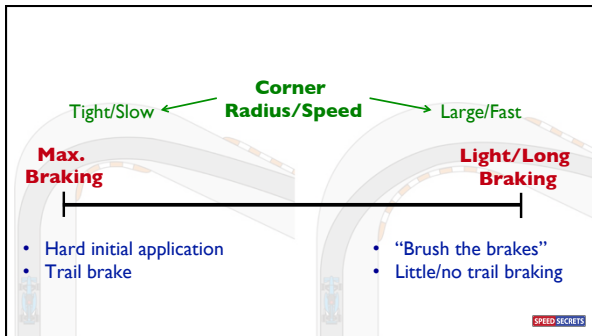
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Why Use The Brakes?

- o Adjust speed (slow down)
- o Manage weight/load transfer
- o To enable us to get to full throttle sooner!

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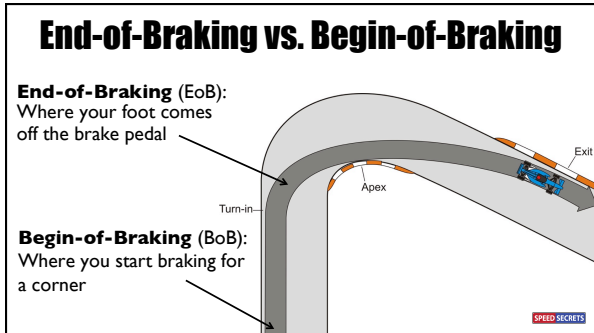
Trail Braking Guidelines

Why & when?

The faster and longer the corner, the less trail braking you should use and the earlier you need to be on the power...

The slower and tighter the corner, the more trail braking you should use to help rotate the car

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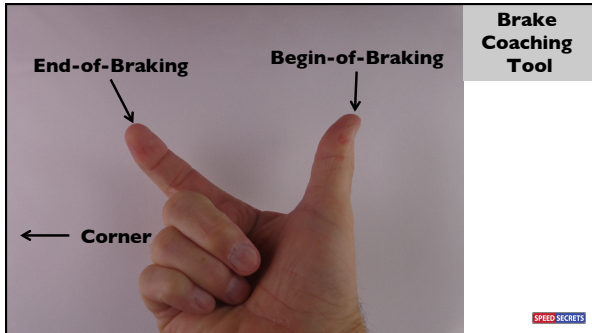
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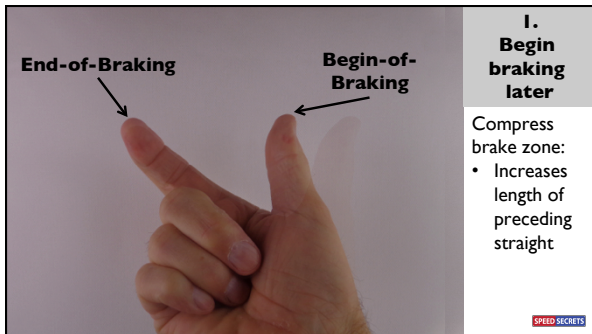
The key to being fast is the timing and the rate of release of the brake.

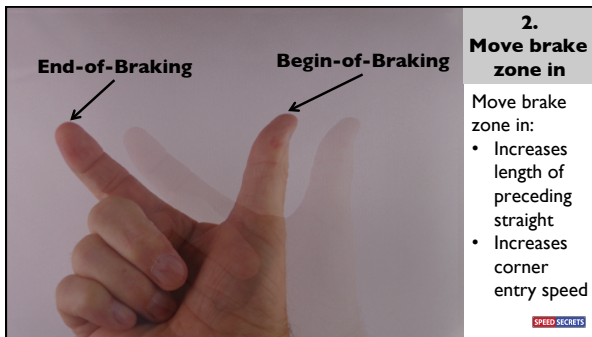
Experiment with the timing & rate of release of the brakes.

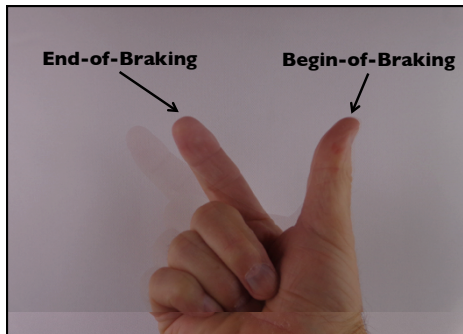
4 Ways To Use Your Brakes To Drive Faster

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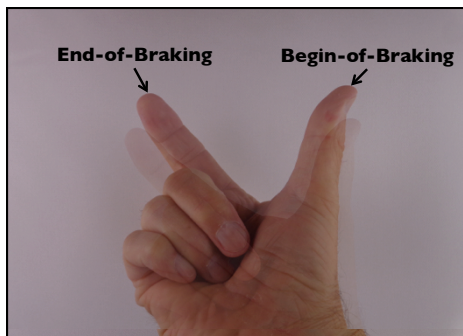


3. Release brakes sooner

Car better balanced on entry:

- Increases corner entry speed

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4. Brake lighter

Car better balanced:

- Increases corner entry speed
- Mentally easier

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SPEED SECRET

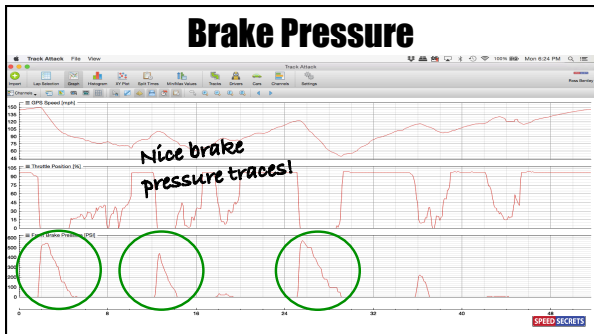
Think about “brake zones,” rather than where you start braking.

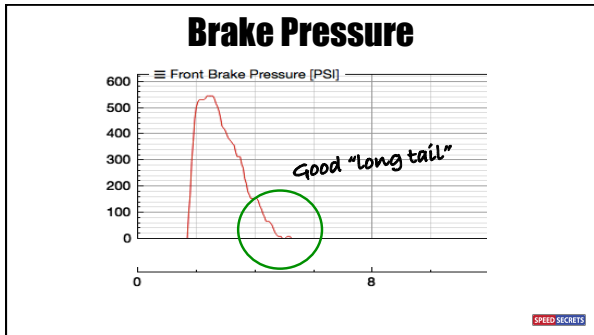
Use “4 ways to go faster using your brakes.”

How To Use Your Brakes

1. Initial application
2. Brake zone modulation
3. Release







Practice Plan: Braking

Baseline

- o Session 1: Be aware of EoB; no judgment - just be aware
- o Session 2: Be aware of how you release the brakes; no judgment - just be aware
- o Session 3: Experiment with the *timing & rate of release of the brakes* - early and quick release; then early and slow; then late and quick; then late and slow



Practice Plan: Braking

Experiment

- o Session 4: Start with moving your whole brake zone in (later BoB and EoB)
- o Session 5: Brake lighter. Do everything you were before, just lighter (5%)
- o Session 6: Release brakes earlier. (Can you carry more speed & get back to full throttle even sooner?)
- o Session 7: Compress your brake zone (EoB stays the same, but BoB is later)



Practice Plan: Braking

Foot/ankle/calf muscle control is critical

- o Calf raises
- o Balance board
- o Footwork practice


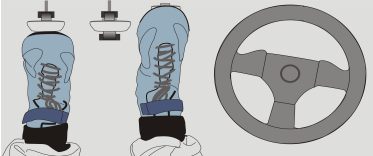


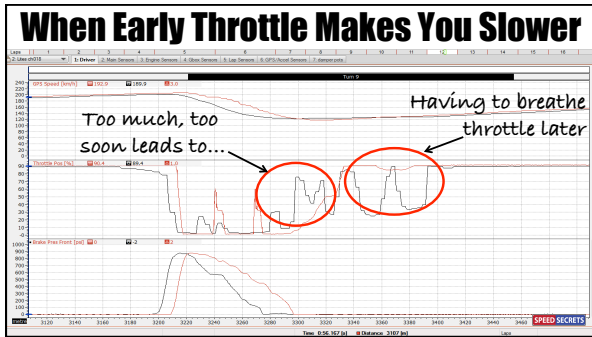
3. Throttle



Throttle Application

- When *early* throttle application is a *bad thing!*
- How?





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It's not who begins accelerating first who wins. It's who gets to – and *maintains* – full throttle first who wins.

Experiment with hesitating before applying full throttle.

Practice Plan: Throttle

- o What percentage of an average lap are you currently spending at full throttle?
- o Work on spending 3% more of the lap at full throttle...
 1. Longer on straights approaching corners
 2. To full throttle sooner exiting corners
 3. Hustling in between corners
- o Only apply throttle when you can go to 100% & commit

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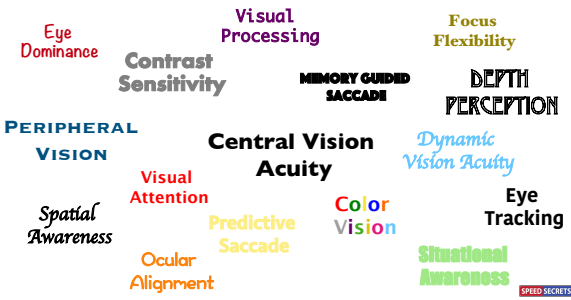
4. Vision

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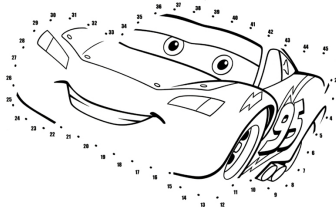
Common Advice

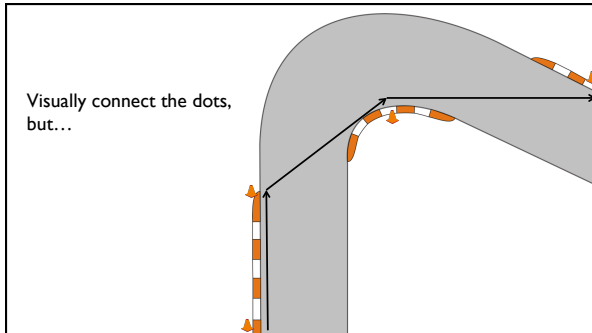
- o "Look farther ahead"
- o "Look where you want to go"
- o "As you approach a corner, turn your head and look at and through the apex, but have your eyes follow the imaginary pathway that you want the car to travel on"

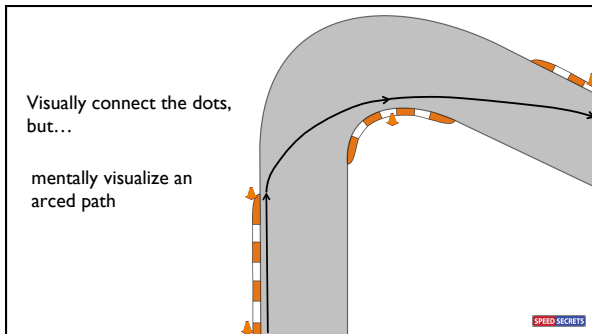
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Visually Connecting the Dots





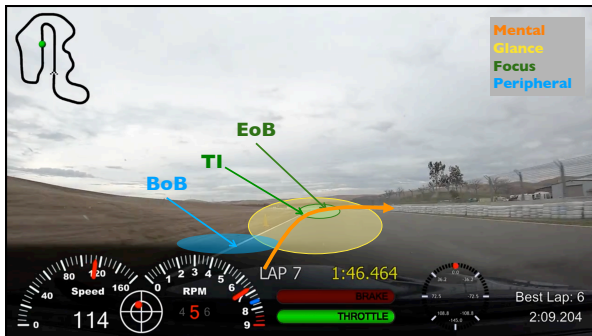


Driver's Vision

- o **Glance:** Ahead, sides, mirrors, checks
- o **Focus:** Primary "target"
- o **Peripheral:** Awareness, checks
- o **Mental Vision:** See the unseen

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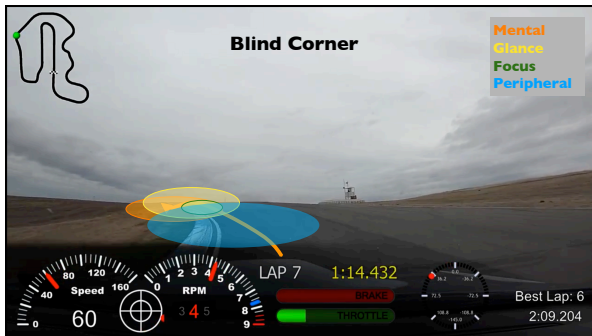












Move to See – See to Move

“We must perceive in order to move, but we also must move in order to perceive.”

– Psychologist, James J. Gibson; *The Performance Cortex*

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Practice Plan: Vision

Vision Exercises

- o Lazy 8s
- o Focus Stretches
- o Peripheral Stretches



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Practice Plan: Vision

Mental Imagery

- o Build "Eyes up – look ahead trigger"
- o Imagine looking through corners
- o Imagine Situational Awareness

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Practice Plan: Vision

On-Street

- o Stretch peripheral
- o 360 degree awareness – Situational Awareness
- o "Eyes up – look ahead"

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Practice Plan: Vision

On-Track

- o "Dynamic Mental Imagery"
- o Visual Sensory Input session
- o Turn your head



5. Comfort Zone



Improve Your Comfort Zone

- o Stretch your comfort zone
- o "Comfortable being uncomfortable"
- o Mental model; programming; belief system



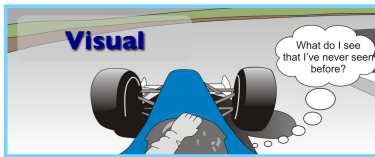
Comfort Zone

What limits your comfort zone?

- o Fear/Self-preservation
- o Confidence
- o Ability to sense the car's limits
- o Mental model of what "fast" is

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Sensory Input Sessions



Sensory Input Sessions



Sensory Input Sessions

Auditory

What do I hear that I've never heard before?

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Practice Plan: Comfort Zone

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graph LR; A[Car Control Training] --> B[Sensory Input Sessions]; B --> C[Mental Imagery]; A --> C;
```

Car Control Training	→	Sensory Input Sessions	→	Mental Imagery
<ul style="list-style-type: none">• Skid Pad• Physical Programming/Skill Building		<ul style="list-style-type: none">• Sense Limits• Build Confidence		<ul style="list-style-type: none">• Embrace Fear (comfortable being uncomfortable)• Build Confidence• Mental Model

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Self-Coaching for Drivers

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Webinar

July 30, 2018

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