SELF-COACHING
IF ALL ELSE FAILS...

What:
• Look at track map; make notes
• Ask questions:
  o “If I had to find 0.5 seconds, where would most of that come from – which part of
    the track?”
  o “In that corner, where is there more time – braking, entry speed, rolling/momentum,
    exit speed?”
  o “What would it take to improve in that area?”
  o “What would that look like? What would I do differently?” (the What)
• If available, use video, data, comparison to confirm/adjust the What

How:
• Break the What down into smallest pieces – pick 1 or 2
• Imagine that – mental imagery of doing the What
• Develop trigger – word/phrase to remind and trigger action
• Go do it – look for incremental improvements
• General tactics:
  o Sensory Input Sessions
  o Aware of EoB points
  o Aware of timing and rate of release of brakes
  o Aware of full throttle point
  o Aware of rate of turn-in steering
  o Aware of use of all track surface (including curbs)
  o Aware of corner radius