

DRIVE FASTER!

Take Your Driving To The Next Level

February 23, 2019

SPEED SECRETS

Qualifiers...

3 things we need to manage:

1. Track
2. Car(s)
3. Driver




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Qualifiers...

3 things you can do:

1. Brake
2. Steer
3. Accelerate




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Qualifiers...

4 things that connect you to the track:

1. Tire
2. Tire
3. Tire
4. Tire

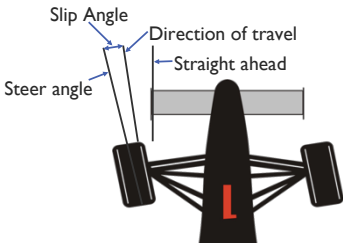


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Qualifiers...

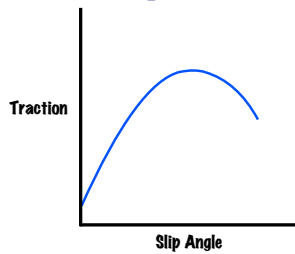
The difference between the direction the wheel is pointing and the direction the car is traveling is the Slip Angle



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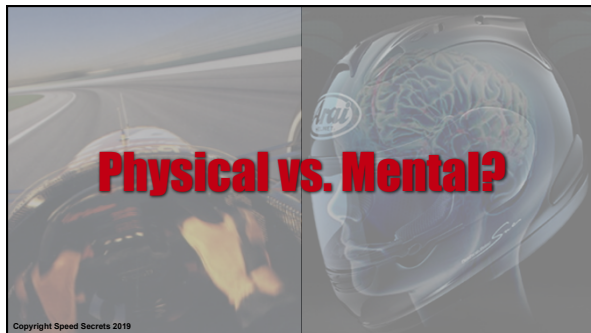
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Qualifiers...



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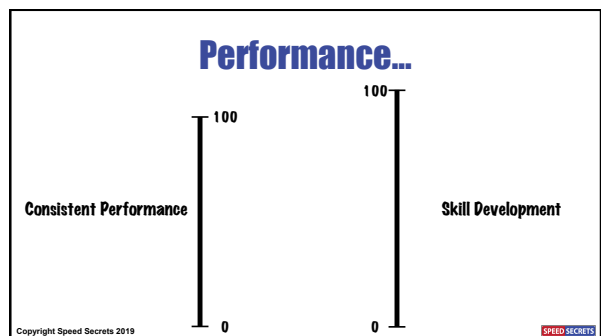


What's the Zone like?

What caused it?

How often do you drive in the Zone?

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Can you control the competition?

Can you control the result?

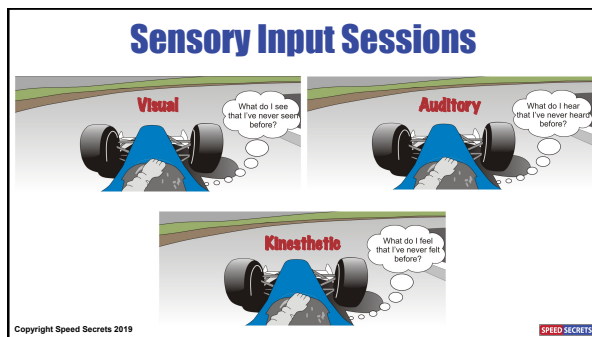
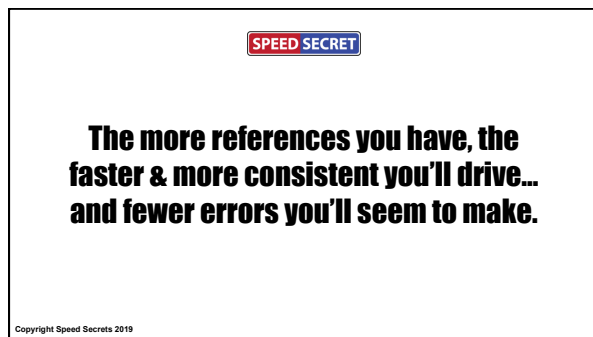
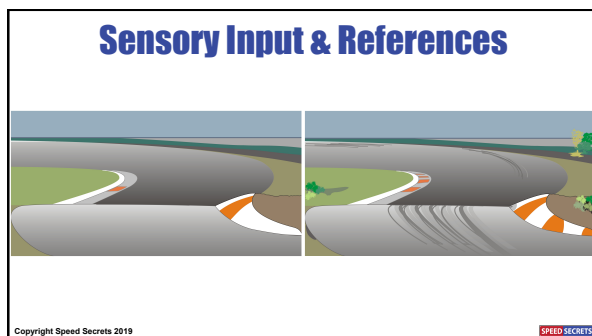
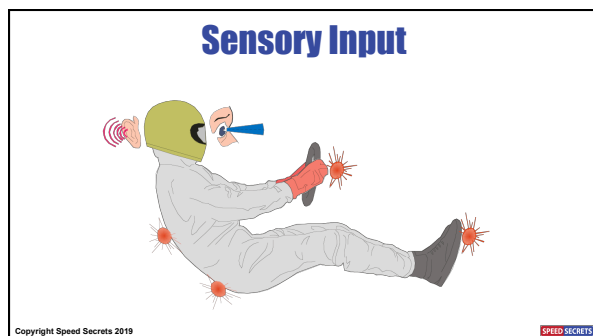
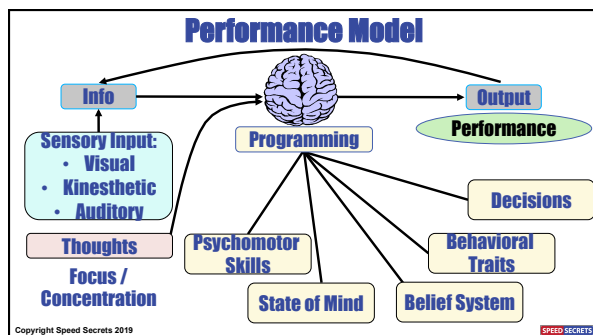
Can you control your own performance?

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Focus on your performance and the results will look after themselves.

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SPEED SECRET

**You do what you do because
you're programmed to do so.
You sometimes don't do what you
want because you don't have the
right programming, or you
accessed the wrong program.**

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Where does your programming come from?



1. Physical repetition

3. External/Internal
talk

2. Mental repetition

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Mental Programming



The more senses you use
with mental imagery, the
more effective the
programming.

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Mental Programming



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- Use mental imagery for:
 - Track learning
 - Skill development
 - Belief/confidence-building
 - Mindset-building
 - Triggering state of mind
- Create & use "triggers"

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**Better quality mental
programming results in a better
performance.**

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HEY! FOCUS!



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It's not maintaining focus that matters. It's how quickly you regain it.

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Develop & use a Pre-Planned Thought (PPT).

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How important is your State of Mind to your performance?
Where does your State of Mind come from?

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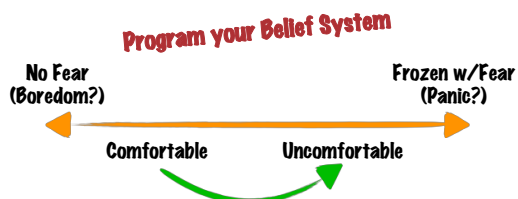
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Replay a past success to trigger a Performance State of Mind.

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Comfortable Being Uncomfortable



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Use mental imagery to program your beliefs.

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**Your mind's abilities are
practically limitless.**

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**The super-trick advanced
stuff is just doing the basics
better.**

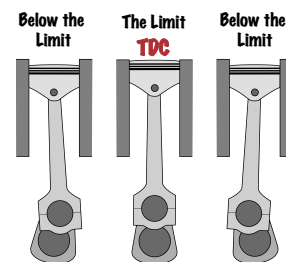
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Drive the car, not the track.

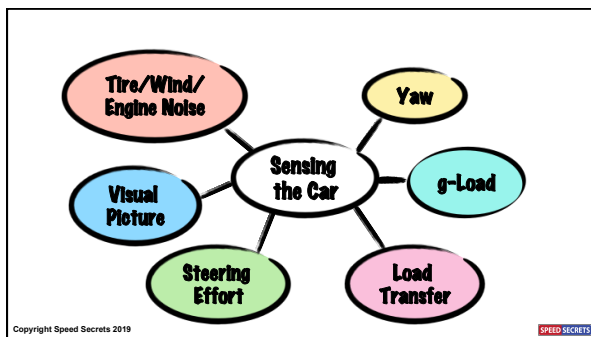
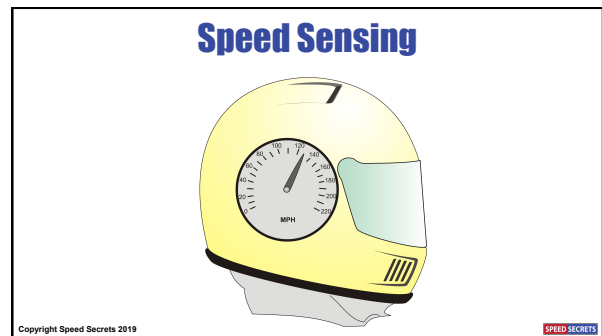
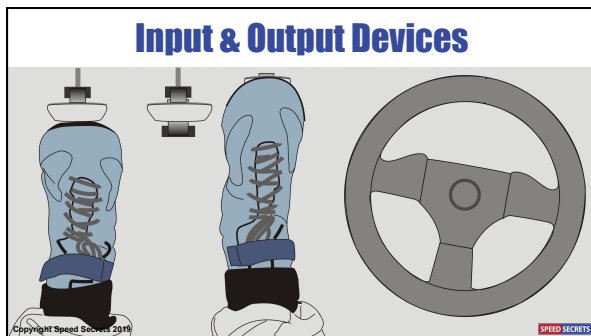
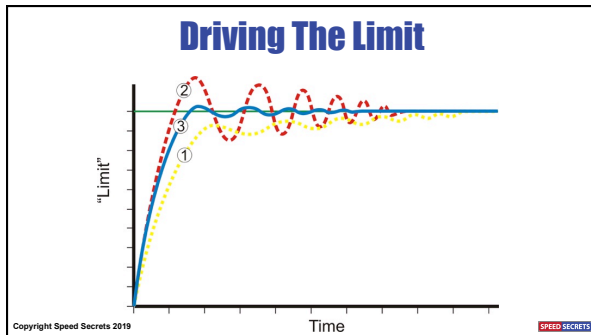
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Driving The Limit



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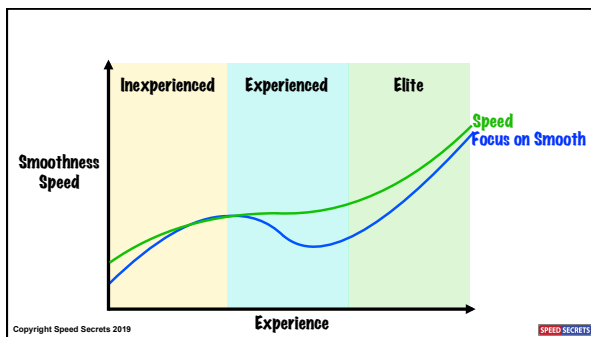
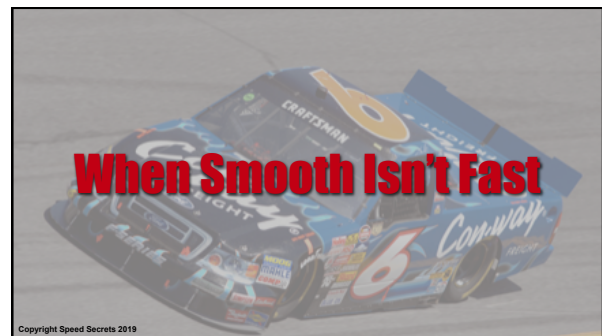
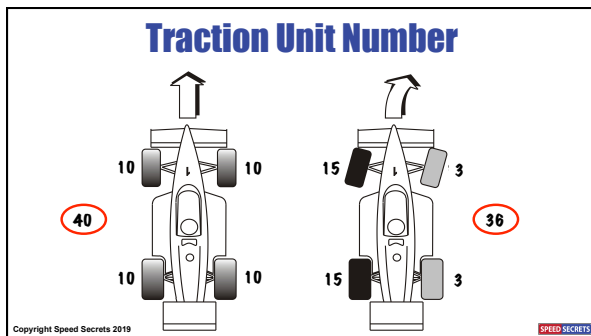
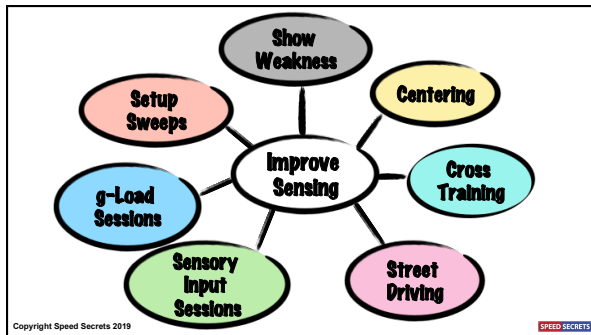
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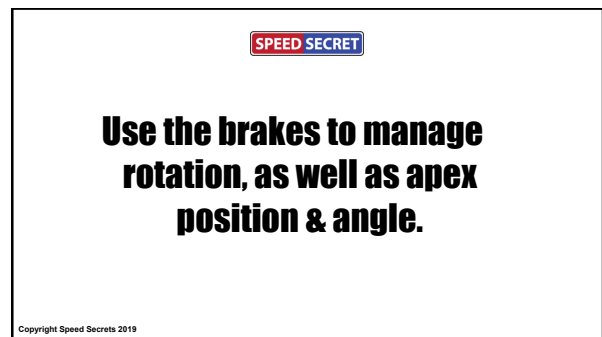
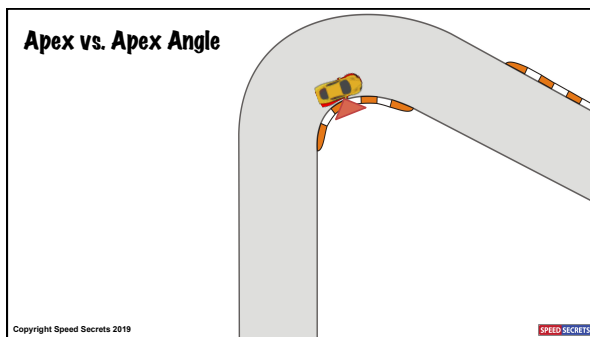
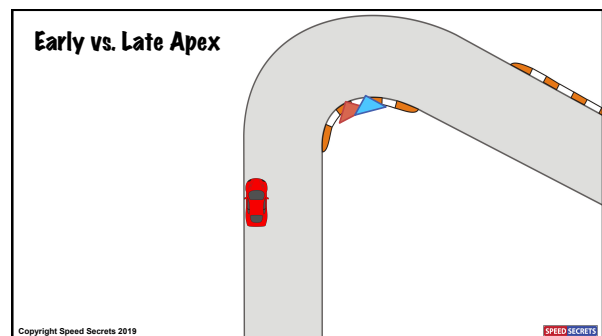
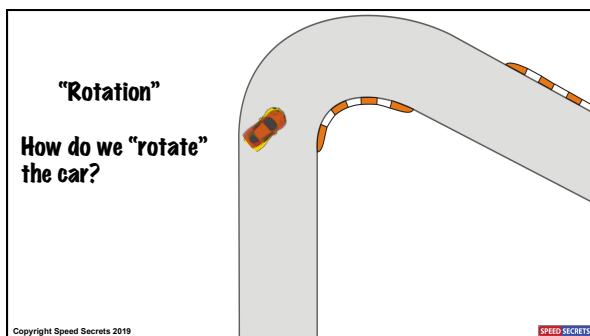
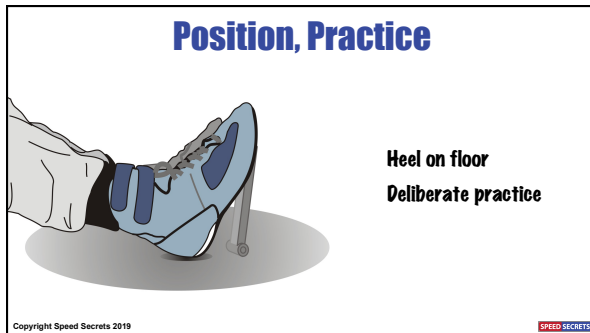


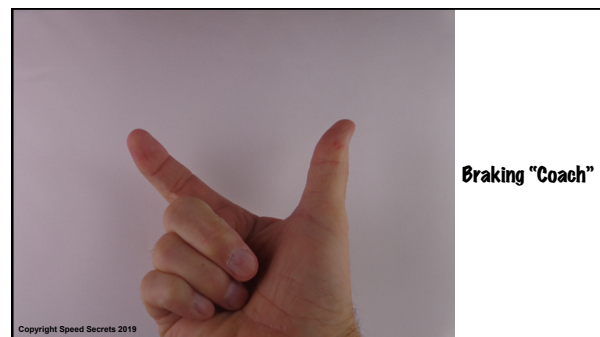
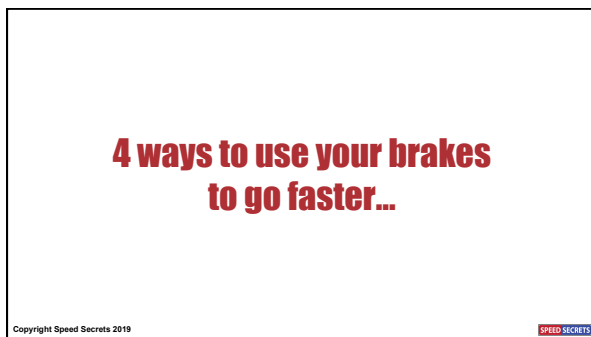
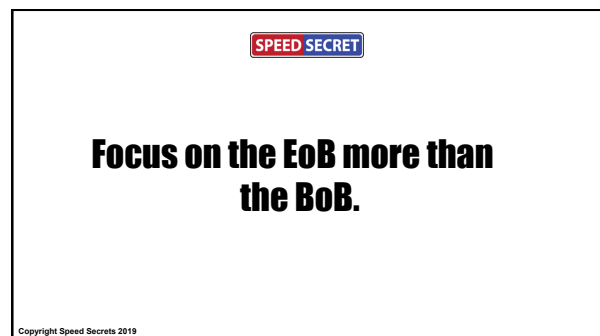
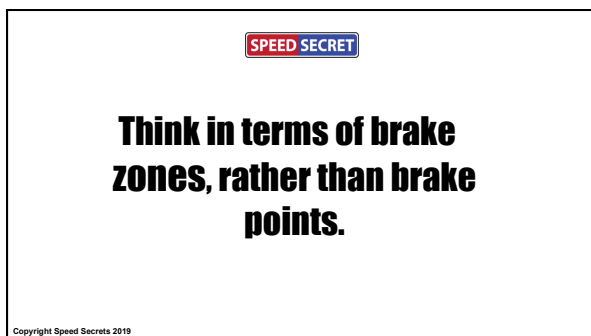
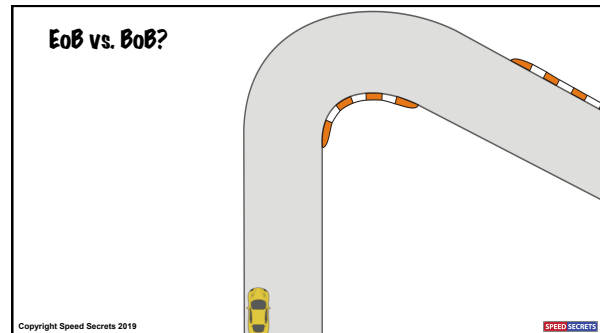
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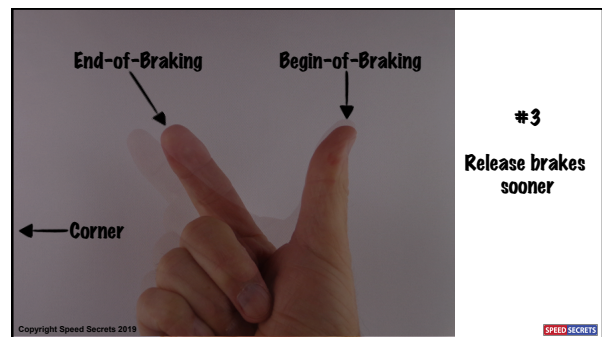
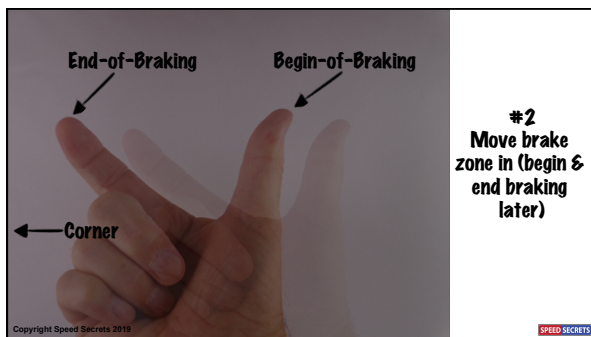
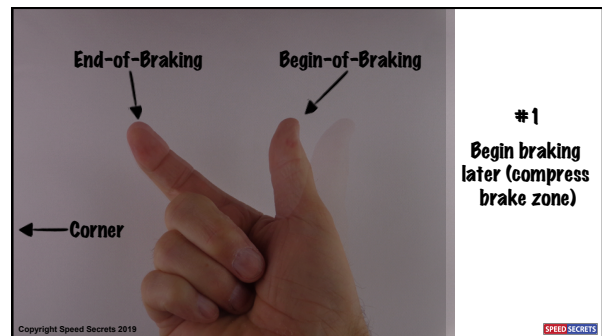
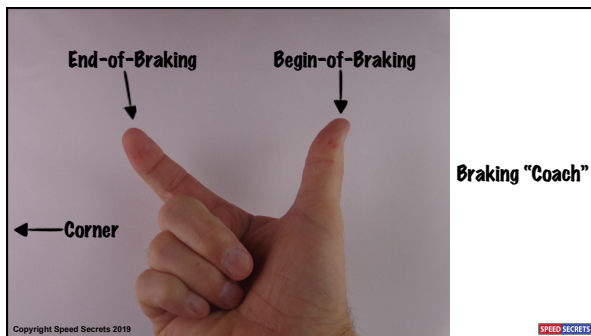
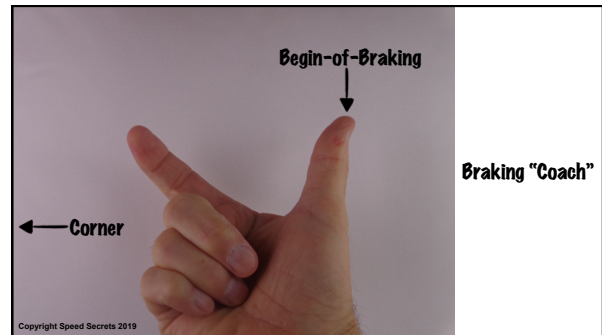
Use deliberate practice to develop your skills.

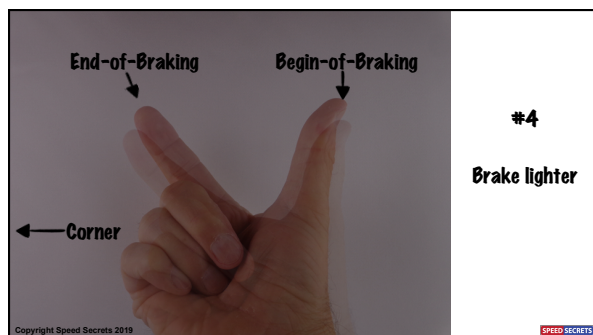
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4 ways to use your brakes to go faster...

RECAP

1. Begin braking later - compress the brake zone
2. Move brake zone in - begin & end later
3. Release brakes earlier
4. Brake lighter

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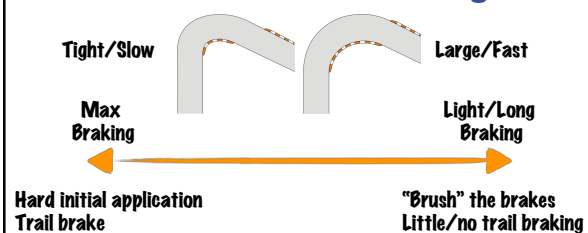
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**Speed comes from the timing
& rate of release of the
brakes.**

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Corner Radius vs. Braking



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**What percentage of the lap are
you spending at full throttle?
Can you spend just 3% more of
the lap at full throttle.**

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