

SPEED SECRETS

Driving Academy

at



Pineview Run

Core Principles

1. **Drills:** To learn any skill you need to break it into smaller pieces and drill each part before assembling the whole.
“Deliberate practice” is essential.
2. **Limit:** A person driving the limit and off the racing line is faster than a person driving the line and under the limit.
3. **Experimentation:** You gain more from experimentation than you do from experience.

Inner Speed Secrets

Physical vs. Mental?



“Zone” or “Flow”



What's the Zone like?



Effortless
Performing
In the Moment
Focused
Timeless
Confident
Flowing

What caused it?

How often do you perform in the Zone?

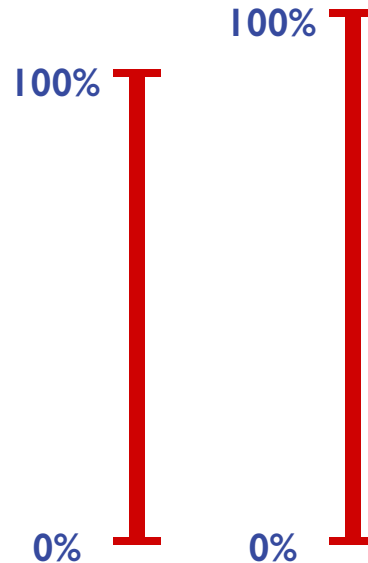


**Performance is
performance, no matter the
activity.**

Performance

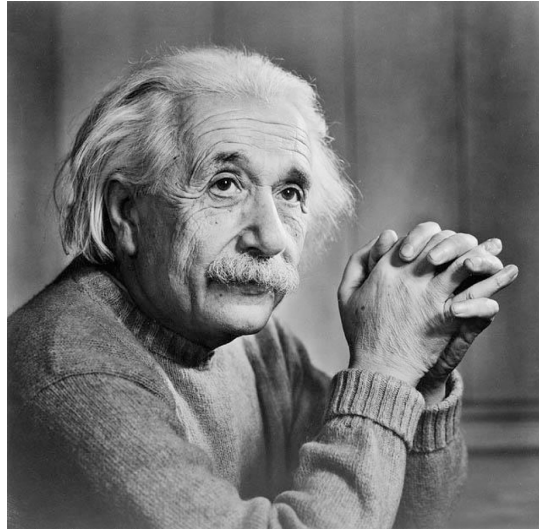
Goals:

- Perform at your 100% more consistently
- Improve your 100%



$$E = mc^2?$$

“A sure sign of insanity is doing the same thing over and over again and expecting something to change.”



Expect to change!

Can you control the competition?

Can you control the result?

**Can you control your own
performance?**



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



Is it possible...
That you will perform at an
all-new level?



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