



PORSCHE



Human Performance

Porsche Experience Centre - Silverstone



Contents

Introduction	4
The Team	6
Wellness	8
Nutrition	10
Endurance	12
Laboratory Testing Services	14
Motorsport	16
Heat Acclimation	18
Customised Hydration	19
Sports Massage Therapy	20
MSA Medicals	21
Testimonials	22
Partners	23
How to Book / Contact Us	24

Introduction

Porsche Human Performance recognises that the most important component of any vehicle is the driver.

Our services are delivered by experts with a rare combination of academic qualifications in sport and exercise science, coaching and experience working at the highest level in motorsport.

So whether you are a racing driver, endurance athlete or simply want to improve your fitness and performance levels, our team can help you to achieve your goals.

Part of the Porsche Experience Centre Silverstone, the facility includes a sports science laboratory equipped with state-of-the-art technology from Matrix and Wattbike.

A heat chamber is also available for specialist acclimation training for athletes and drivers prior to competing in hot climates.

For further information or to book a session, please contact Porsche Human Performance:

01327 855 074

php@porsche.co.uk

www.porsche.co.uk/humanperformance



The Team

The Porsche Human Performance team brings a wealth of experience in the fields of sports and exercise science, strength and conditioning, sports rehabilitation, coaching and medicine to the Porsche Experience Centre.

With combined experience with elite competitors in Formula 1, World Rally, Moto GP and almost every other competitive motorsport formula, we also advise athletes in many endurance sports and a range of individual and corporate clients on health and wellbeing programmes.



Wellness

Wellness means feeling healthy, energised and vibrant.

On an individual level it increases your resistance to stress, improves focus and enables you to enjoy all aspects of your life, including driving, to the full.

Corporate Wellness

In the workplace wellness leads to increased productivity, a more positive working environment and financial savings by reducing healthcare costs and days lost to illness.

Please contact us for a quote on a Wellness Check Service for your business or if you would like to know more about the benefits this can have.

All our services can be tailored to meet your individual requirements so please contact us for a personalised quote.

Drivers Wellness Check

- Blood pressure check
- Blood glucose and cholesterol testing
- Body composition analysis
- Grip strength
- Vision and reaction testing
- Consultation on Wellness Check results

A Drivers Wellness Check will give you a comprehensive understanding of the most important component of any vehicle, the driver. It can be added to any assessment package for just £95.



Drivers Wellness Check £95



Nutrition Consultation £95
Nutrition Programme £60 p/wk

Nutrition

“To eat is necessary, but to eat intelligently is both an art and a science.” We all know that we need to eat well to achieve great health, performance and body composition; but what exactly is eating well and how can you learn to eat well for the rest of your life?

The team at Porsche Human Performance can teach you the art and science of eating well; focusing on the acquisition of seven simple but highly effective habits that ensure you achieve your individual goals, including weight management and fat loss, building muscle, increasing energy levels and fueling for sport and exercise.

Nutrition Programme

- 8-12 week personal coaching course
- Detailed start and end point assessments
- Online food diary to monitor progress
- Weekly interaction with your nutrition coach
- Training material and use of body composition analysis

Endurance

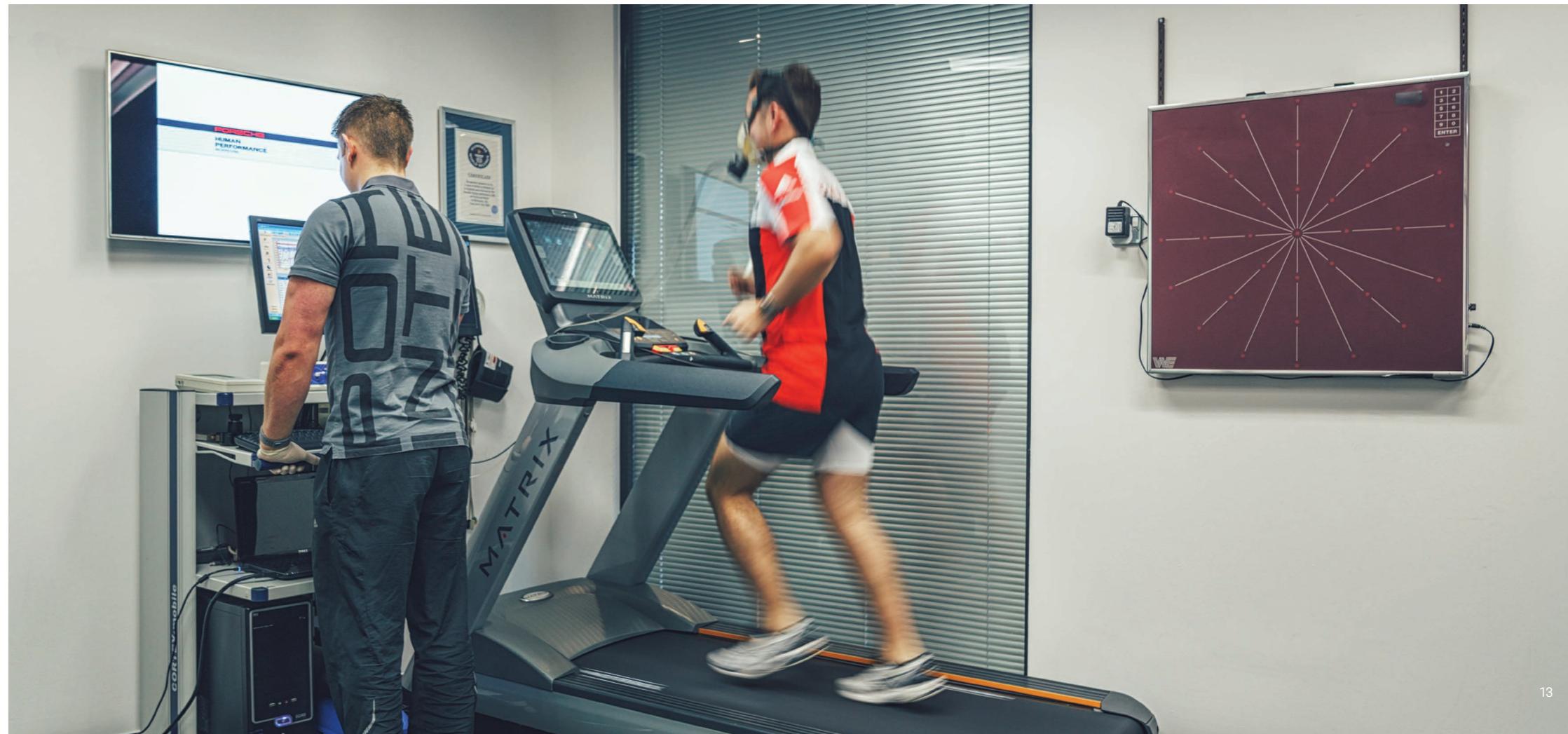
The Porsche Human Performance laboratory offers physiological analysis of your performance to measure output, track your progress and maintain precision in your training.

All testing is performed using the most appropriate mode of exercise for you. Runners will be tested on the Matrix treadmill, rowers on a Concept 2 Rower, and cyclists on a Wattbike equipped cycle ergometer.

We can cater for triathletes, runners, cyclists (road, time trial and mountain bike) and adventure racers. All assessments offer an objective analysis of your current fitness level and identify training zones to allow you or a coach to prescribe training effectively.

An assessment debrief with our sports scientists and coaching team will further enable you to practically apply the data into future training.

We have a real passion for endurance sports and know what it takes to help you achieve your potential. Members of our team have competed at an international level in triathlon, Xterra and adventure racing.





Laboratory Testing Services

Individual Services

Single-Sport lab assessment (cycling or running)

Multi-Sport lab assessment
(Most commonly cycling and running for triathletes)

Post-assessment interventions include: Periodisation of training programmes, nutritional coaching and 1-1 training sessions.

A Customised Hydration Assessment allows any athlete to understand their sweat sodium losses and therefore devise a suitable replacement strategy. It is highly recommended for anyone competing in a hot environment or ultra distance. It can be added to any assessment package for just £95.

Single-Sport Assessment	£195
Multi-Sport Assessment	£295
Hydration Assessment	£95

Motorsport

Competitors in motorsport need to be physically comfortable under the unique stresses that racing places upon the mind and body.

A complete and accurate assessment of key fitness parameters is the starting point for all our packages and gives a driver a complete understanding of their current performance level.

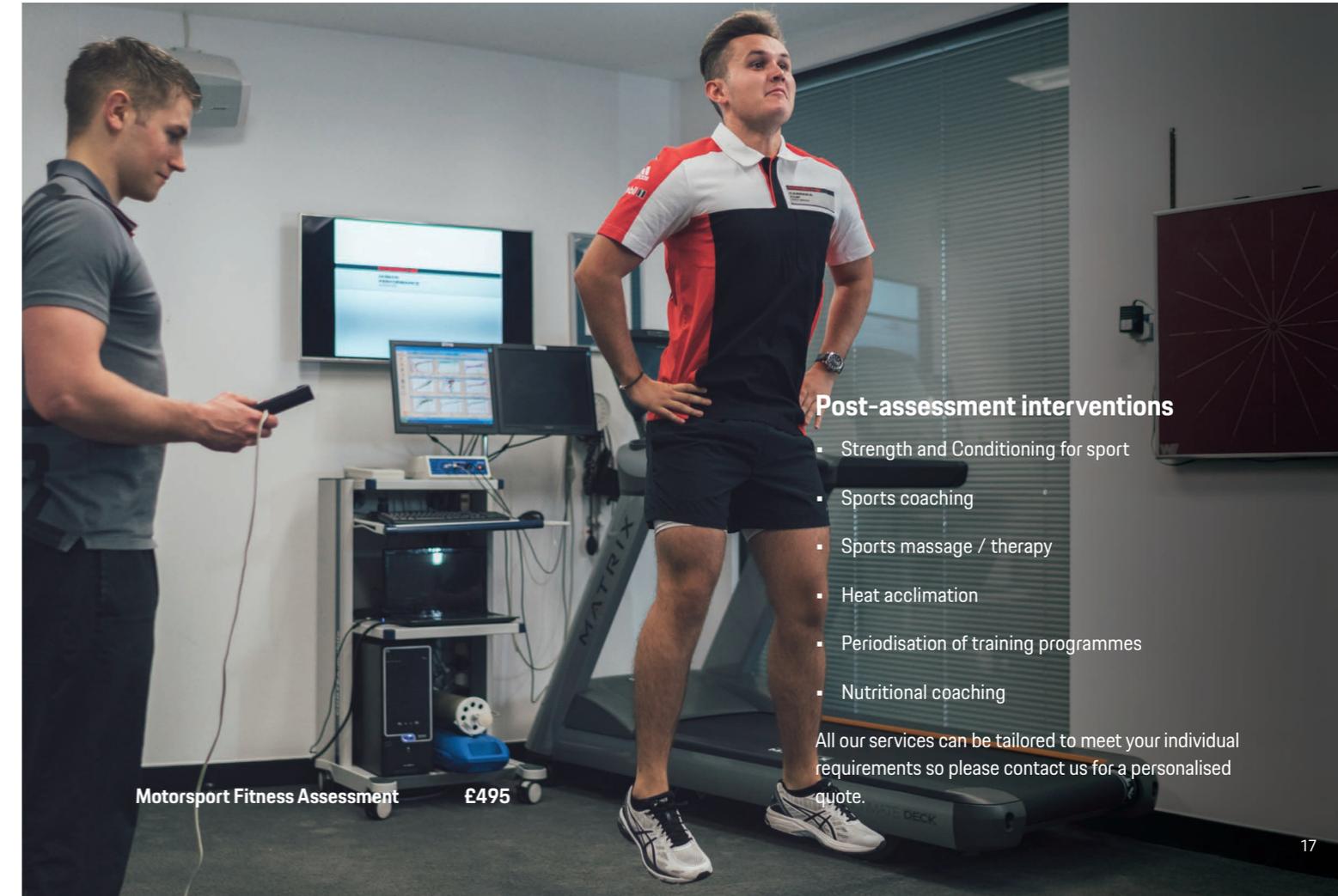
This allows a training plan to be specifically tailored to maximise improvements and strengthen any weaknesses.

The plan can be complemented with face-to-face training sessions. A follow up assessment identifies how much improvement has been made and where there is room for more.

This ongoing approach of assessment, training and evaluation is highly effective in getting any driver race-fit, whatever their level of competition.

Motorsport Fitness Assessment

- Body composition analysis
- Athletic screening to assess postural and movement limitations
- Lactate threshold or VO2max assessment
- Reaction testing
- Strength testing, including neck and grip
- Sweat sodium analysis to prescribe an electrolyte replacement strategy
- Lunch at the Porsche Restaurant
- Debrief on the results
- Training session to work on weaknesses highlighted from the assessment
- Full report



Post-assessment interventions

- Strength and Conditioning for sport
- Sports coaching
- Sports massage / therapy
- Heat acclimation
- Periodisation of training programmes
- Nutritional coaching

All our services can be tailored to meet your individual requirements so please contact us for a personalised quote.

Motorsport Fitness Assessment £495



Heat Acclimation £95 p/session
£395 for five sessions

Heat Acclimation

As used by Moto GP race winner Bradley Smith, Porsche LMP1 drivers and numerous successful competitors in the Marathon Des Sables and Ironman World Championships in Hawaii.

Dealing with the heat whilst racing is one of the biggest physiological challenges faced by any athlete, particularly in motor racing and endurance events. Training in a hot environment such as the heat chamber at the Porsche Human Performance Centre is proven to improve an individual's performance when the temperature rises.

Each session involves one hour of exercise in the heat chamber and we offer acclimation packages from 1-10 sessions within 14 days of competing.

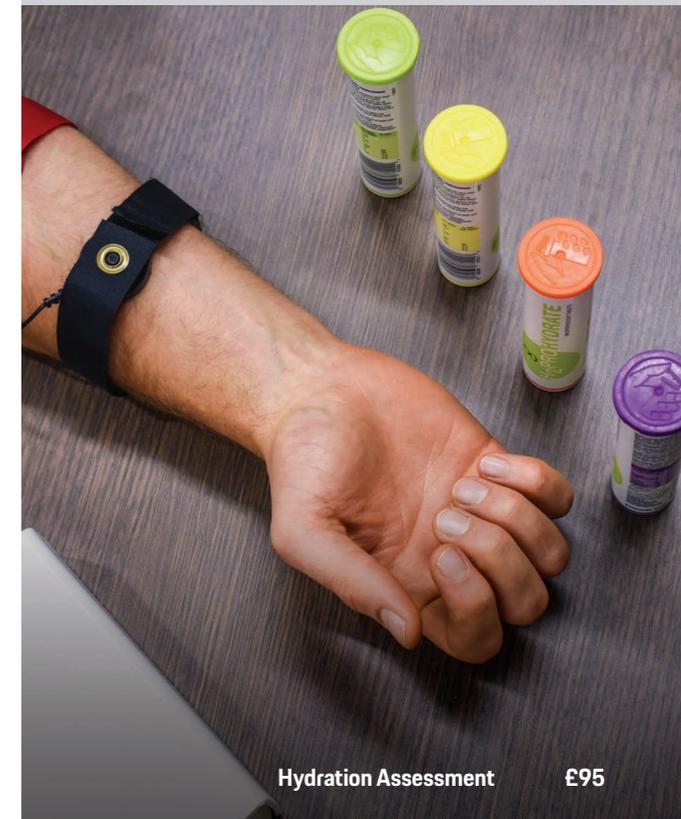
Customised Hydration

Sodium is the most important electrolyte lost in sweat. Human sweat sodium levels vary eightfold. This assessment identifies your individual sweat sodium losses and allows a customised hydration strategy to be prescribed for you.

Customised hydration is of most benefit to racing drivers, endurance athletes or anyone competing in a hot environment.

Benefits of customised hydration:

- Greater endurance
- Reduced cramping
- Better coordination, reaction and responses



Hydration Assessment £95



Sports Massage Therapy

£50 p/hr

Sports Massage Therapy

For many people, sports massage therapy is a key means of optimising soft tissue health.

Treatments offered by the Porsche Human Performance team facilitate the ongoing maintenance of good muscle and connective tissue function, recovery from training and the prevention and rehabilitation of soft tissue injuries.

Benefits include:

- Reduced muscular pain and tightness
- Improved range and quality of movement
- Better posture
- Decreased stress hormone production
- Enhanced muscular blood flow (aiding nutrient delivery and removal of metabolic waste)

MSA Medicals

Porsche Human Performance has over 23 years of motorsport experience in the provision of MSA medical examinations and stress ECG testing for national and international licences.

MSA Medical Examination

The racing driver medical is undertaken to strict MSA standards during which a detailed examination is performed.

First time applicants 18 years and over applying for a car, truck or kart (not kart clubman) racing licence will be required to pass a medical examination. After 45 they will be required to pass an annual medical examination.

Applicants for all international grades of Competition Licence will also be required to pass an annual medical examination.

International Competition Licences incorporate a FIA Medical Certificate of Aptitude, and every two years for applicants under 45, a 12-lead electrocardiogram.

International licence applicants 45 years of age and over must include a stress-related electrocardiogram. The stress-related ECG will be valid for two years and will need to be subsequently undertaken in respect of the licence application in the third year.

ECG Stress Test

Porsche Human Performance offers a stress ECG for all competitors aged over 45 in compliance with MSA regulations. This test is valid for two years and will need to be subsequently undertaken alongside the licence application in the third year.

Resting ECG	£55
MSA medical	£95
MSA medical and resting ECG	£150
MSA medical and stress test	£295

php@porsche.co.uk
01327 855 074

Testimonials



"I feel the most important thing about the Porsche Human Performance Centre is the vast experience the personnel have across the board. This means whatever type of racing car a driver might be competing in, they have a good understanding of the demands required to really lift the bar for the individual. I highly recommend it."

Mark Webber, Porsche Ambassador



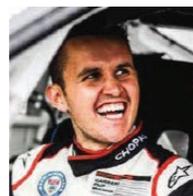
"At the age of forty eight I found that I did not have the fitness to undertake endurance racing in hot climates. Over the last few years the team at the Porsche Human Performance Centre have given me both the skills and motivation to achieve a level of fitness that enables me to easily cope with the demands of motorsport and a new found interest in cycling and swimming."

Ken Savage, Gentleman Racer



"The depth of knowledge, high standard of professionalism and attention to detail I have received from all the team at Porsche Human Performance has undoubtedly escalated my fitness, strength and endurance levels. Every session is tailored to my requirements as an endurance athlete, resulting in an increased performance. I could not recommend PHP more highly!"

Sally Besley, Endurance Athlete



"When I started my two-year programme as the Porsche GB Scholar I had a lot of work to do. With help from PHP, my training and nutrition improved massively, increasing my fitness in endurance, strength, body composition and heat tolerance. I am now ready to continue into my professional career and any driver who does not use PHP will undoubtedly be worse off!"

Charlie Eastwood, Carrera Cup GB Champion 2017

Porsche Human Performance Partners:

MATRIX

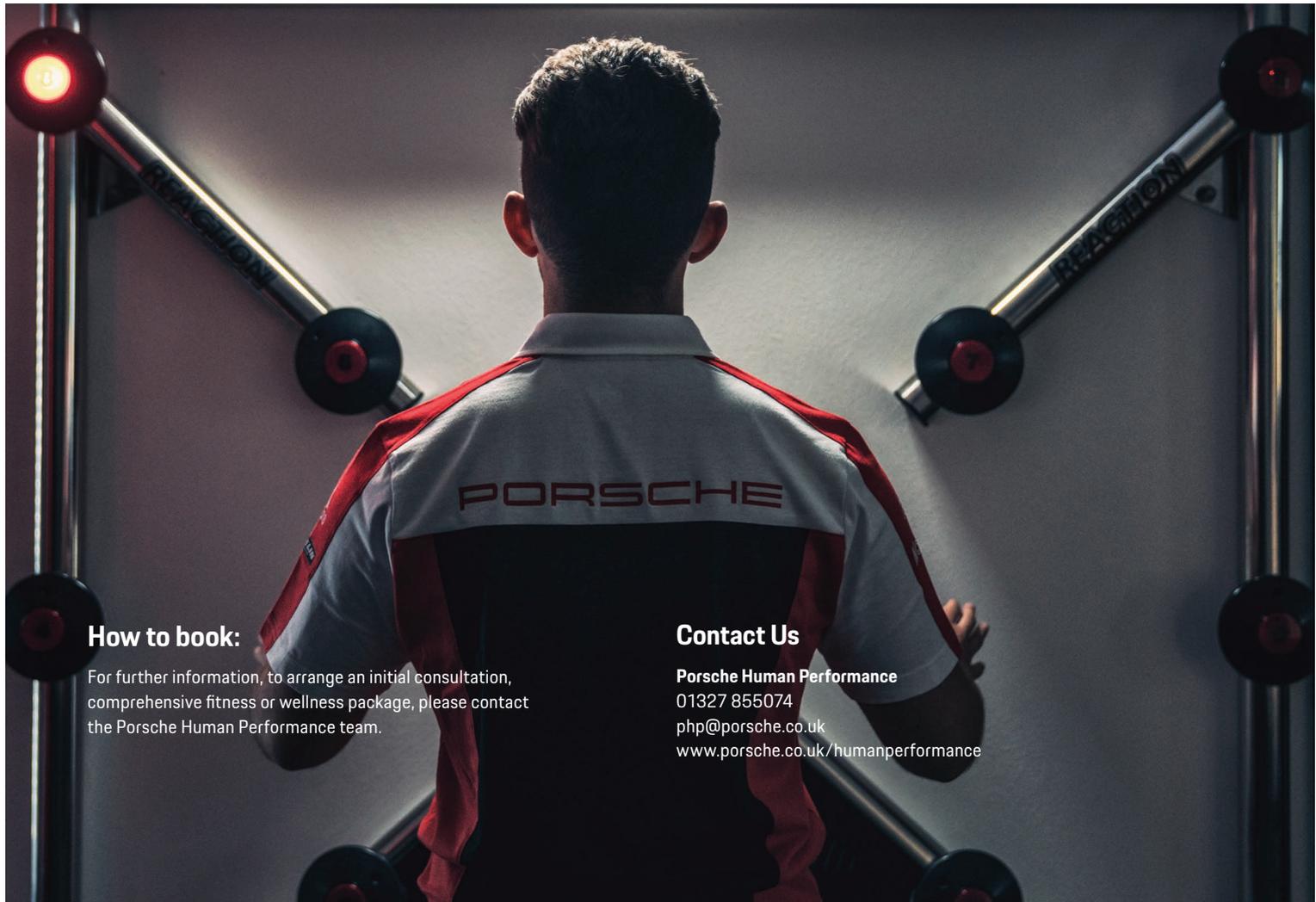
Matrix.

Matrix Fitness offers the complete array of premium cardiovascular and strength training equipment for elite sports facilities across the world. Their extensive range provides the Porsche Human Performance Centre with the optimal environment for testing and training clients from all sporting backgrounds in the fields of endurance, strength and conditioning, heat acclimation and sport rehabilitation.

wattbike

Wattbike.

Wattbike has its pedigree built alongside the world's top elite athletes and coaches which makes it a perfect fit for the Porsche Human Performance Centre. It allows the experienced team of sport scientists to use the bike as a fitness testing tool to establish base line data for their clients and then further as a training tool to improve the specific physiological demands of their sport.



How to book:

For further information, to arrange an initial consultation, comprehensive fitness or wellness package, please contact the Porsche Human Performance team.

Contact Us

Porsche Human Performance

01327 855074

php@porsche.co.uk

www.porsche.co.uk/humanperformance