



Fit for Motorsport: Improve Your Race Performance with Better Physical and Mental Training

R.S. Jutley

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Improve your performance with better physical and mental training. Peak fitness is a prerequisite for a competitive edge, and top motorsport teams routinely employ medics, psychologists, dieticians and even armed forces specialists to help drivers hone their performance. It's a different picture at national and club level, where poor preparation can blight potential. Here, however, a doctor who competes as a rally driver offers expert information on all aspects of physical and mental fitness including diet, training, safety and medical regulations. Key content:., Simple, established, safe training principles., Measurable components such as stamina, strengths, suppleness, speed, skill and spirit., Balance, agility and co-ordination., Weight loss., Motorsport-specific circuit training., Rescue procedures in an emergency., Contributions from motorsport luminaries including Professor Sid Watkins, Colin McRae, Louise Aitken-Walker and Jim Moodie.

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