

What kind of preparation in Formula 1 ?

« TO EXPLOIT AT MAXIMUM YOUR POTENTIAL »

In any discipline practiced at high-level, physical and mental condition should be optimal to exploit the full potential of athlete. Formula 1 is a demanding discipline mentally first of all because it is subject to stress, excitement and managing many elements outside of the race. Secondly, it is also a physical challenge due to the speed, the duration, the heat and the changing rhythm are numerous.

Sitting position and sometimes passive makes us think that we can do this without physical preparation. Some people still believe it but they became to having sequels from trauma due to the constraints of discipline. It is sometimes herniated discs, musculoskeletal problems or personal injury that may go to surgery.

The way our body is designed is not enough for this type of effort and extreme constraints practice, at least in the length. Like any sport high-level, intensity and duplication of efforts make us to quickly reach our limits. In those moments, the physical and mental strengths are assets, they promote clear mind, availability and decision making while promoting self-confidence.

Beyond indispensable conventional patterns for the preparation some subjects that we develop later, allow to go further in the process. Ball sports are used because they are very mental; judo allow direct contact with the adversary while developing coordination and self-control. It gives great self-confidence.

« LIKE FOR ARTISTS, CREATIVITY IS THE SIGNATURE OF CHAMPION »

Having the will to become a champion is putting everything on our side. If perfection does not exist, we know that willing to approach it, should be a goal by itself.

On the contrary, being a perfectionist obsessively cannot be productive because it puts a disproportionate pressure to the event. As for artists, creativity is the signature of the champion. Trying to aim to an extreme perfectionism put the driver in a situation where he is not given the right to make mistakes, yet often it is under these conditions that errors occur.

« BEING YOURSELF IS ESSENTIAL »

With the pressure from the media, public opinion, sponsors and several travels and jetlag, remaining true to yourself is essential. In addition, after establishing trust, it is important to transform pressure in favorable performance elements. For example: "you don't run because it is difficult but because you love the sport."



« YOUR FITNESS STATE HUGELY INFLUENCES YOUR PSYCHOLOGICAL STATE »

The quest of performance leads us to question ourselves and improve ourselves constantly. Modern motorsport is taken to consider the human setting is as important as the technological parameter. One without other doesn't work.

Now we know that fitness greatly influences the psychology of an athlete. If we take the example of tiredness, we know that the more it is important, the more it will adversely affect the motivation and enthusiasm of the athlete and therefore the result.

“ATHLETE CAN'T HAVE A BIG CAREER WITHOUT BEING AROUND GOOD ENVIRONMENT”

In high-level sport, whatever the discipline is, we know that the athlete can obtain major results without being surrounded by a good "environment". He or she must therefore be well prepared and well surrounded, not only when he or she underperforms or when he or she begins but also when he or she wins victories. It has been observed sporting careers collapse after a title because the applicant has failed to manage the post. Winning a race is one thing, winning a title is another one. Piling up several titles requires other skills, those great champions have. To reiterate an important result, we must often act differently from the first result because the pilot evolves, gaining experience and at the same time must remain realistic. Support must be taken into account in this approach. The objective is to help the driver to be in the context in which he operates, giving him the means to analyze and master the context where he operates. When it reaches the high performance, it is pampered and protected from external constraints but isolates it from real life and can be sometimes a problem.

In conclusion, Formula 1 is not a motorsport discipline but a high-level one. Therefore, if we want the best results, we must prepare the driver as well as the machine. An infallible for those who aspire to great ambitions – *Benoît Campargue (coach-sport manager)*

Next Monday 24th of February:

« The various physical parameters related to motor sport »