

Resistance training for formula 1 drivers

Definition:

Resistance training is the body's ability to maintain a relatively intense and anaerobic effort.

As we noted in chapter 1, driving results in a significant reduction in blood flow. Essentially, physical activity for part of the body (the top) remains anaerobic. The consumption of oxygen is increased and heart rate is limited.

Training sessions targeting resistance are short and intense, recovery phases shorter and exertion periods are less long than during endurance training.

- Resistance training, motives :
 - It approaches the type of anaerobic effort encountered while driving
 - It enables breaking-up endurance training
 - It also increases the quality of training sessions in a short time.
 - It develops improved recovery phases modifying active or passive rest periods.
 - It permits psychological development thanks to high intensity exercises.
 - It enables one to stretch the limits and attain the threshold in a limited time.
- When ?
 - During the 3rd phase of the winter break (after endurance period)
 - Between races
 - as a reminder
 - Because they are short sessions
 - During summer break
- How ?
 - Running
 - Working on the percentage of the AMS (Anaerobic Maximal Speed)
 - Cycling
 - Track cycling
 - With an indoor bike
 - Swimming short distances
 - ...

