

## DRIVING ACADEMY SCHEDULE

Four two-day appointments

### 1° DAY

MORNING Presentation of the school program, athletic preparation course with training session.

AFTERNOON Nutrition course, theoretical course of competitive driving and sessions on the simulator.

### 2° DAY

MORNING Athletic training, a session on the simulator, theoretical briefing with the Coach, a 25 'track session on a TCR car.

AFTERNOON Personalized briefing by the Coach and telemetry operator, three 25 'track sessions on a TCR car, final briefing.

### 1° DAY

MORNING Athletic training, course with the mental coach, sessions on the simulator.

AFTERNOON Briefing with the personal Coach, sessions on the simulator.

### 2° DAY

MORNING Athletic training, a session on the simulator, theoretical briefing with the Coach, a 25 'track session on a TCR car.

AFTERNOON Personalized briefing by the Coach and telemetry operator, three 25 'track sessions on a TCR car, final briefing.

### 1° DAY

MORNING Athletic preparation, review of the nutrition course, review of competitive driving with examination of the videos and pre-test telemetry.

AFTERNOON Briefing with the Coach and telemetry, basic mechanics course for set-up and weight transfer, sessions on the simulator with race simulations.

### 2° DAY

MORNING Athletic training, a session on the simulator, theoretical briefing with the Coach, a 25 'track session on a TCR car.

AFTERNOON Personalized briefing by the Coach and telemetry operator, three 25 'track sessions on a TCR car, final briefing.

### 1° DAY

MORNING Athletic preparation and meeting with the instructors who have followed the driver's training during the previous weekends.

AFTERNOON Briefing with the personal Coach, sessions on the simulator.

### 2° DAY

MORNING Athletic training, preparation with the coach for competitive driving, two 25 'track sessions on a TCR car.

AFTERNOON Two 25 'track sessions on a TCR car with personalized coach and telemetry briefings.