



# LIFE IN THE FAST LANE

BUCKLE UP, FOR YOU'RE ABOUT TO  
FIND OUT WHAT IT TAKES TO SUCCEED  
ON THE MEAN STREETS OF THE F1  
RACING CIRCUIT. IT'S FAST, FURIOUS  
AND EXTREMELY DEMANDING...



# SHOULD FORMULA ONE BRING A RACE TO THE STREETS OF LONDON...

...a prospect that edged closer last month when the government announced a consultation on closed-road motor sport events in mainland Britain, then UK sports fans would be able to see at close hand the extreme conditions drivers experience when racing.

It's not all pit girls and exotic locations, you know. In fact, F1 drivers are 'some of the most highly conditioned athletes on earth' according to formula1.com. 'No other race series requires so much of its drivers in terms of stamina and endurance', it continues. Why? A driver can experience a sustained 3.5g of cornering force, which requires a lot of strength. Not only that, but the heat of the cockpit can put vast strains on the body (a driver can sweat up to 3kg off their body during a race) while the neck and chest muscles have to contend with unusual loadings. Furthermore, drivers can experience similar dehydration issues to marathon runners.

"To succeed at the highest level, an F1 driver needs the cardiovascular fitness of a triathlete, the upper body and neck strength of a boxer and the cat-like reactions of a fighter pilot," explains Gerry Convy, top formula 1 fitness trainer. Convy has worked with some of the best drivers in the world and boasts a CV that includes instruction in several martial arts, six years at McLaren-Mercedes and more than 100 Grand Prix races.

So, who better to explain the key physical challenges facing a driver (G-forces, heat and braking) and the solutions to combat them?

“ I USE A COMBINATION  
OF FREE WEIGHTS AND  
BODY-WEIGHT TRAINING  
FOR MY GUYS ”



G-FORCE

HEAT



BRAKING

“ COCKPIT TEMPERATURES CAN REACH UP TO 60 DEGREES CENTIGRADE IN PLACES LIKE MALAYSIA AND SINGAPORE ”

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**PRESSING THE BRAKE  
PEDAL IN AN F1 CAR  
REQUIRES GREAT LEG  
AND GLUTEAL STRENGTH  
AND TO MAINTAIN IT,  
GREAT LEG STRENGTH  
AND ENDURANCE**

”

TRAINER TO THE STARS



FOLLOW GERRY ON HIS TRAVELS AND READ HIS BLOG,  
WHICH HE UPDATES THROUGHOUT THE SEASON.



Visit his website:  
[gerryconvy.com](http://gerryconvy.com)

