

12 – 13 – 14 MARCH 2021
MORES CIRCUIT
THREE TRAINING DAYS

FRIDAY 12 MARCH

→ we recommend installing used tyres (if possible).

GOAL: learning the circuit and automatisms/motions to repeat while running (actions to be taken in all circuits).

- 8,00 am: meeting at the circuit
- 8,30 / 9,00 am: briefing / presentation of the 3-day program
- 9,00 / 10,00 am: entrance to the circuit /a circuit tour on foot (wearing already suit and helmet); body warm-up, observation of the circuit from another viewpoint, with the rider coaches teaching how to deal with trajectories and landmarks
- from 10,15 am: *activity on track ...*
- 6,00 / 7,00 pm: cooling down and stretching all together in the box

DINNER ALL TOGETHER.

SATURDAY 13 MARCH

→ we recommend installing used tyres (if possible).

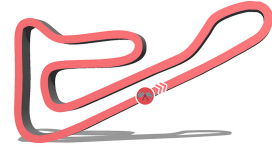
GOAL: customising the bike set-up through our technical assistance (together with our rider coaches support); repetition of correct automatisms/motions while running.

- 8,30 am: meeting at the circuit
- 9,00 / 9,20 am: body warm-up and activation
- 9,20 / 9,30 am: getting dressed for the track
- 9,30 / 10,00 am: analysing the video made on the day before
- from 10,15 am: *activity on track ...*
- 6,00 / 7,00 pm: cooling down and stretching all together in the box

DINNER ALL TOGETHER.



Autodromo
del Moros



SUNDAY 14 MARCH

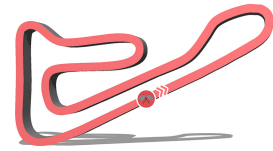
→ we recommend installing new tyres (if possible).

GOAL: finalising the work done on the previous days, improving even more the automatisms/motions while running with the correct bike set-up to achieve the best performance in the fast lap and know how to make the best use of a new tyre.

- 8,30 am: meeting at the circuit
- 8,30 / 9,00 am: body warm-up and activation
- from 9,15 am: *activity on track ...*
- 5,00 / 6,00 pm: cooling down and stretching all together in the box

DART RACE CONTACTS:

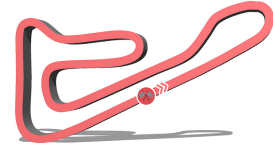
- CELL: 329 3229232 – Alessandro (Rider Coach Manager)
- CELL: 349 5973437 – Secretary's office
- EMAIL: info@dartrace.eu



FRIDAY 12 MARCH


| TIME IN | TIME OUT | DURATION | GROUP |
|---------|----------|------------------------------------|---------------------------|
| 10,15 | 10,30 | 15 minutes | GROUP A |
| 10,30 | 10,45 | 15 minutes | GROUP B |
| 10,45 | 11,00 | 15 minutes | GROUP C |
| 11,00 | 11,20 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 11,20 | 11,35 | 15 minutes | GROUP A |
| 11,35 | 11,50 | 15 minutes | GROUP B |
| 11,50 | 12,05 | 15 minutes | GROUP C |
| 12,05 | 12,25 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 12,25 | 12,40 | 15 minutes | GROUP A |
| 12,40 | 12,55 | 15 minutes | GROUP B |
| 12,55 | 13,10 | 15 minutes | GROUP C |
| 13,10 | 13,30 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 13,30 | 15,00 | LUNCH TIME – VIDEO ANALYSIS | |
| 15,00 | 15,15 | 15 minutes | GROUP A |
| 15,15 | 15,30 | 15 minutes | GROUP B |
| 15,30 | 15,45 | 15 minutes | GROUP C |
| 15,45 | 16,05 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 16,05 | 16,20 | 15 minutes | GROUP A |
| 16,20 | 16,35 | 15 minutes | GROUP B |
| 16,35 | 16,50 | 15 minutes | GROUP C |
| 16,50 | 17,10 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 17,10 | 18,00 | 50 minutes | OPEN PIT – VIDEO ANALYSIS |

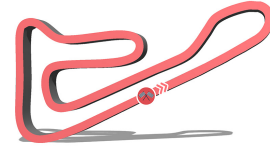
✚ each group will be followed by Rider Coach, all sessions will be video recorded.



SATURDAY 13 MARCH

| TIME IN | TIME OUT | DURATION | GROUP |
|---------|----------|------------------------------------|---------------------------|
| 10,15 | 10,30 | 15 minutes | GROUP A |
| 10,30 | 10,45 | 15 minutes | GROUP B |
| 10,45 | 11,00 | 15 minutes | GROUP C |
| 11,00 | 11,20 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 11,20 | 11,35 | 15 minutes | GROUP A |
| 11,35 | 11,50 | 15 minutes | GROUP B |
| 11,50 | 12,05 | 15 minutes | GROUP C |
| 12,05 | 12,25 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 12,25 | 12,40 | 15 minutes | GROUP A |
| 12,40 | 12,55 | 15 minutes | GROUP B |
| 12,55 | 13,10 | 15 minutes | GROUP C |
| 13,10 | 13,30 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 13,30 | 15,00 | LUNCH TIME – VIDEO ANALYSIS | |
| 15,00 | 15,15 | 15 minutes | GROUP A |
| 15,15 | 15,30 | 15 minutes | GROUP B |
| 15,30 | 15,45 | 15 minutes | GROUP C |
| 15,45 | 16,05 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 16,05 | 16,20 | 15 minutes | GROUP A |
| 16,20 | 16,35 | 15 minutes | GROUP B |
| 16,35 | 16,50 | 15 minutes | GROUP C |
| 16,50 | 17,10 | 20 minutes | <i>CORSI EXPERIENCE</i> |
| 17,10 | 18,00 | 50 minutes | OPEN PIT – VIDEO ANALYSIS |

 *each group will be followed by Rider Coach, all sessions will be video recorded.*



SUNDAY 14 MARCH

| TIME IN | TIME OUT | DURATION | | GROUP |
|---------|----------|------------------------------------|------------------|------------------|
| 9,15 | 9,25 | 10 minutes | <i>new tyres</i> | GROUP A |
| 9,25 | 9,35 | 10 minutes | <i>new tyres</i> | GROUP B |
| 9,35 | 9,45 | 10 minutes | <i>new tyres</i> | GROUP C |
| 9,45 | 10,00 | 15 minutes | <i>new tyres</i> | CORSI EXPERIENCE |
| 10,00 | 10,15 | 15 minutes | | GROUP A |
| 10,15 | 10,30 | 15 minutes | | GROUP B |
| 10,30 | 10,45 | 15 minutes | | GROUP C |
| 10,45 | 11,05 | 20 minutes | | CORSI EXPERIENCE |
| 11,05 | 11,20 | 15 minutes | | GROUP A |
| 11,20 | 11,35 | 15 minutes | | GROUP B |
| 11,35 | 11,50 | 15 minutes | | GROUP C |
| 11,50 | 12,10 | 20 minutes | | CORSI EXPERIENCE |
| 12,10 | 14,00 | LUNCH TIME – VIDEO ANALYSIS | | |
| 14,00 | 18,00 | 4 hours | | OPEN PIT* |

🚩 each group will be followed by Rider Coach, all sessions will be video recorded.

*14 - 18 (open pit) o clock, open pit, all rider coach will be available for all riders that would improve the concepts studied during the week end.