



**PORSCHE**

Press Release

February 11, 2015

No. M 07/15

Fit for the 2015 motorsport season

### **Porsche GT pilots in training camp**

**Stuttgart.** Eight days of intensive physical training – this is how the Porsche GT and junior pilots prepared for the 2015 motorsport season. At the Porsche Fitness Camp in Doha (Qatar), the drivers not only performed six hours of fitness training every day but a great deal of importance was placed on team building exercises, as well.

This is the 13<sup>th</sup> time that the pre-season Porsche Fitness Camp has been run. Joining the GT works drivers Earl Bamber (24), Jörg Bergmeister (38), Michael Christensen (24), Wolf Henzler (39), Richard Lietz (31), Fred Mako (34), Patrick Pilet (33) and Nick Tandy (30), the Porsche Juniors Connor de Phillippi (22) and Sven Müller (23) as well as Porsche Cup Scholar Matteo Cairoli (18) also took part in the intensive programme under the direction of sports medicine specialist Prof. Dr. Frank Mayer from the University of Potsdam. In addition to power and endurance training, the fitness schedule also included various exercises to improve speed, flexibility and coordination. Patrick Long (33) was the only one who could not attend due to his commitments with the 12 hour race in Bathurst (Australia). “All drivers have stuck to the individual training plans that my team at Potsdam University put together last November. Without exception, they have all arrived at our fitness camp very well prepared. Even the new Porsche works drivers and junior pilots are at an excellent level of fitness,” said Prof. Dr. Mayer in praise of his protégés.

“The training conditions here in Doha are ideal. The warm weather minimises the risk of injury and the sports complex that we’re using is impressive,” says Jörg Bergmeister.

ter. The Aspire Zone, built on the occasion of the 2006 Asian Games, enjoys huge popularity as a training facility with the German national football team and other clubs such as FC Bayern Munich and Red Bull Salzburg. "This is the perfect place to prepare ourselves mentally and physically for the upcoming season. You can feel a noticeable boost in fitness," added Patrick Pilet. "The atmosphere here is great. It's fantastic that the young drivers are here with us. After eight days together you really feel like a team."

Porsche's Head of Sport Dr. Frank Steffen Walliser took part in the last three days of the fitness camp and joined his drivers in several exercises. "I was able to experience firsthand just how fit our guys are," he said. "And there's a great team spirit amongst them. This also belongs to the professional preparation for the season."

## GO

Please note: Photo and video material of the Sports Car World Endurance Championship and the Le Mans 24 hour race is available for accredited journalists from the Porsche Press Database under the internet address <https://presse.porsche.de>. On this website you can also activate the **Porsche Motorsport SMS Info Service** to receive the latest news and information. The Twitter channel @PorscheRaces provides live updates with the latest information and photos from race tracks around the world. Journalists also have access to the 2015 Porsche Motorsport Media Guide on <https://presse.porsche.de/motorsport>. Porsche Communication now provides a service for journalists, bloggers and online multipliers under [www.newsroom.porsche.com](http://www.newsroom.porsche.com).