

Porsche GT pilots in training camp

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11/02/2015 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 13th 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.

The improvement of speed and coordination as a part of the training

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. 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.

Patrich Pilet: „After eight days together you really feel like a team."

“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.”

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