

Date	/ /
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Day:	
Track:	+ track map
Rider weight	Kg

Mi In	
Mi Out	

Weather	
Rain:	YES - NO
Temperature:	
Wind:	YES - NO

Tire pressure	FR / RR
Morning - 09:00 AM	/
Afternoon - 02:00 PM	/
Other - .. H ..	/

Session	Session objective	Key words	Comments - Post session
1	Track reconnaissance	Tire pressure (default 27.0 PSI RR 29.9 FR) 75% Follow the marshal Your feet Breathing, sore hands	Are you having fun? Can you "recite" the track layout out loud? Did you exit and re-enter the track?
2	Acceleration on the straights	Full throttle 100% gas Roll your hand on the throttle	Where are the spots where you're at full throttle? Mark them on the map What will you work on next time? Are your hands sore? What are you going to do about it?
3	Getting down on the bike	Core engaged Light on the grips Helmet touches the tank, sit up if needed	Where are the segments where you touch the tank? Mark them on the map. What will you work on next time?
4	Apex and racing line	Tire pressure TIP TP AP EP Both wheels "on" the white line before TIP Wheels on AP AND pointing toward EP	It's the tires that hit the TIP, AP & EP What will you work on next time?
5	Braking	BP Load the front Downshift right away Squeeze hard, be progressive Release, be progressive	Mark your BPs on the map Are your knees squeezing the tank when braking? What are you going to do if they're not? What will you work on next time? Do you have enough speed through the corner? What are you going to do about it?
6	Driving the corner	1/2: ONLY the upper body Lower your torso toward the inside of the corner Chin to the handlebar Arm on the tank, elbow to the sun Push the bike away with your arms	You adjust your body position so you can go faster Not the other way around
7	The seventh session	Ride smooth and fluid No last race, no trouble	Is it over already? Write down everything you can on the map Tire pressure for the ride home