



# Formula 1 Pre-season Testing

**During pre-season testing, Formula 1 drivers must cope with extreme G-forces, high cockpit temperatures, and sustained concentration for over 90 minutes, making fitness a key factor in performance.**



**Identify two components of fitness that are essential for Formula 1 drivers.**

**Explain where in the body muscular endurance is needed and why it is important when driving at high speed.**



**Why is aerobic endurance important for maintaining focus and coordination throughout a full race distance?**

**Formula 1 drivers rarely run long distances or lift heavy weights. Does this mean they are less “fit” than athletes in other sports? Explain your view.**