2027
PERFORMANCE PROGRAMS

Winning starts off the track. Tailored driver development through professional simulation, fitness, cognitive training and expert performance coaching.



BUILT FOR EVERY STAGE OF THE GRID.

Sydney Motorsport Park | Queensland Raceway



FOCUS
DRIVER PERFORMANCE

WINNING STARTS OFF THE TRACK!

A HOLISTIC APPROACH TO DRIVER PERFORMANCE

Integrating every element of Human Performance into Motorsport to bring you Australia's first and only complete Driver Performance Centre, based at Sydney Motorsport Park & Queensland Raceway.

ENGINEERING THE DRIVER

Focus Driver Performance simulators use dedicated in-house built car and track models, ensuring unparalleled accuracy for realistic, high-performance training.





DRIVER COACHING & SIMULATOR TRAINING

Coached Sessions

Coached simulator sessions use data analysis, engineering insights, and driver-specific drills to sharpen skills, boost precision, and enhance race-day performance.

Without Coaching

Using a simulator independently allows drivers to practice new techniques and drills prescribed by their coach, while preparing for upcoming races.

Access and Development use EVO Formula for independent practice. Bronze to Platinum use FDP flagship simulators for coached sessions.

COMPLETE HUMAN PERFORMANCE

Training the physical and cognitive demands of motorsport.



FITNESS & GYM

Strength, endurance, mobility and tailored physical preparation for the demands of racing.



COGNITIVE DEVELOPMENT

Target focus, eye-scanning, response inhibition, memory and decision-making through structured training.



REMOTE PROGRAMMING

Driver-specific physical programs with scheduled check-ins and updates, wherever you train.

ONE DRIVER. ONE COORDINATED DEVELOPMENT PLAN.

Coached performance sessions can focus on fitness or cognitive training according to your needs.

PREPARE BEYOND THE SIM

Additional services that support preparation, recovery and consistency.



HEAT ACCLIMATISATION & STRESS TESTING

Our heat-chamber work recreates some of the demanding conditions drivers face in the cockpit. Heat acclimatisation and stress-testing services support physical preparation and readiness.

WEEKLY GROUP FITNESS CLASSES

Classes target aspects of motorsport fitness through sessions such as boxing, mobility and recovery workshops, stress training, and race-day physical challenges. Included in Silver, Gold and Platinum; bookings and class schedules apply.

THE FDP DRIVER COMMUNITY

Connect with other drivers, share progress and take part in training challenges through the Focus Driver community.

CHOOSE YOUR PATH

A PROGRAM FOR YOUR STAGE

Independent access at entry level. Increasing individual coaching as you progress.

INDEPENDENT

Access: 1 hour of independent EVO Formula practice each month, with self-guided cognitive training and basic fitness resources.

Development: 2 EVO hours monthly, structured fitness programming and self-guided cognitive development.

ACCESS $199 | DEVELOPMENT $499

REMOTE

Personalised fitness programming, remote coach check-ins and training updates without regular facility attendance.

REMOTE $500

COACHED

Bronze, Silver, Gold and Platinum add progressively more one-to-one simulator coaching and fitness or cognitive performance sessions.

FROM $1,195 / MONTH

PRICES INCLUDE GST

All prices are monthly in AUD and include GST. EVO practice is uncoached, booked during eligible hours and subject to induction, supervision and availability. Flagship simulators are reserved for coached Bronze-Platinum programs.

CHOOSE YOUR LEVEL

Dedicated coaching time increases with your individual performance goals.

PROGRAM	PRICE / MONTH	COACHED SIM	PERFORMANCE	GROUP CLASSES
BRONZE	**$1,195**	2 hrs	2 hrs	-
SILVER	**$2,295**	4 hrs	4 hrs	Included
GOLD	**$3,695**	6 hrs	6 hrs	Included
PLATINUM	**$5,995**	10 hrs	12 hrs	Included

Performance sessions are coached fitness or cognitive sessions, usually 60 minutes.

Group fitness classes: Included in Silver, Gold and Platinum (subject to timetable and booking).

BEYOND THE TRAINING HOURS

Personalised programming, progress tracking and the right level of ongoing support.

ACCESS / $199

1 hour of independent EVO Formula simulator practice; basic fitness resources; limited self-guided cognitive access; FDP driver community.

DEVELOPMENT / $499

2 hours of independent EVO Formula practice; structured fitness programming; self-guided cognitive training; quarterly digital progress summary.

REMOTE / $500

Personalised remote fitness programming, monthly remote coach check-in and program updates.

BRONZE / $1,195

Two coached simulator hours; two coached fitness or cognitive sessions; individual programming; monthly review.

SILVER / $2,295

Four coached simulator hours; four performance sessions; programming, gym access and group classes included.

GOLD / $3,695

Six coached simulator hours; six performance sessions; gym access, classes included and priority booking.

PLATINUM / $5,995

Ten coached simulator hours; twelve performance sessions; gym access, classes included, enhanced review and top-priority bookings.

YOUR DEVELOPMENT JOURNEY

ASSESS. TRAIN. REVIEW.

A structured pathway from initial assessment through continuous driver development.

01 ASSESS

Understand driver fitness, cognitive skills and simulator performance through an appropriate initial assessment.

02 TRAIN

Select a program matched to your objectives, availability and racing calendar.

03 REVIEW

Use coaching feedback, regular check-ins and optional formal reassessment to track progress.

COMPLETE DRIVER ASSESSMENT

Our integrated assessment can combine driving, cognitive and physical testing to establish an individual driver-performance profile and inform the next phase of training. Full assessments are separately priced unless expressly included in an agreement.

MONTHLY REVIEWS & 12-WEEK CHECKPOINTS

Coached programs include scheduled performance reviews; formal retesting can be arranged to compare performance over time and update development priorities.

JOIN THE FDP COMMUNITY

YOUR NEXT SEASON STARTS HERE

Sydney Motorsport Park | Queensland Raceway

HOW PROGRAMS WORK

Access and Development include independent EVO Formula training. Bronze, Silver, Gold and Platinum use FDP flagship simulators exclusively for coached sessions, alongside tailored physical and cognitive training.



PROGRAM NOTES

Membership prices are per month and include GST. Sessions are pre-booked; unused hours do not automatically roll over. Independent simulator training requires appropriate induction, staff presence and availability. Group classes are included in Silver, Gold and Platinum, subject to timetable, places and safe capacity.

Full assessments, heat chamber services and additional sessions are charged separately unless expressly agreed. Membership and cancellation terms are provided before enrolment.

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