





KYMIRING Winter Camp

17-22. February 2025
KymiRing, Finland

Schedule

	Morning 8:00 - 12:00	Afternoon 13:00 - 16:00	Evening
Monday (Arrival at the hotel, team dinner)			<ul style="list-style-type: none"> • Arrival • Team dinner
Tuesday (Opening programs)	<ul style="list-style-type: none"> • Briefing: Introduction to the week's objectives and overview of the programs. • Orientation: Familiarization with the KymiRing and its surroundings. 	<ul style="list-style-type: none"> • Team Building: Light interactive activities focused on strengthening communication and teamwork. • Physical Assessment: Initial endurance and fitness evaluations, including Lactate Threshold, HRV, EKG, CMJ, Grip Strength, and Functional Tests to determine participants' baseline condition. 	<ul style="list-style-type: none"> • Dinner
Wednesday (Motorsport performance assessment and cognitive training)	<ul style="list-style-type: none"> • Daily briefing and introduction to the day's program. • Motorsport Performance Assessment with Mobile Devices: Evaluation of participants' physical and cognitive abilities through various mobile testing tools. Includes reaction time tests, concentration tasks, and precision motor activities (F4R ability test, Neurotracker, Performance check). 	<ul style="list-style-type: none"> • Snowdriving and Training: Group A of 6 for 3 hours of snowdriving - than exchange (Cross Karts) • Physical Training: Endurance, strength, and coordination exercises. Group B of 6 for 3 hours- than exchange • Cognitive Training: Exercises aimed at enhancing concentration and quick reactions through interactive cognitive training. 	<ul style="list-style-type: none"> • Sauna and relaxation • Dinner

Schedule

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Thursday (Snow driving and performance coaching)	<ul style="list-style-type: none"> • Daily briefing • Snow Driving Practice: Special training for driving on ice and snow, focusing on vehicle control on low-traction surfaces. (Cross Karts) <ul style="list-style-type: none"> ◦ Group A (6 participants) in snow driving; ◦ Group B (6 participants) in performance coaching and training. 	<ul style="list-style-type: none"> • Group rotation: Participants who did snow driving in the morning switch to training. • Physical Training: Core strengthening, agility, and mobility exercises. • Cognitive Training: Reaction time and concentration enhancement exercises 	<ul style="list-style-type: none"> • Sauna and relaxation • Dinner
Friday (Intensive Training Day and Motorsport Team Activity)	<ul style="list-style-type: none"> • Daily briefing • Physical Training: Endurance-building exercises simulating competitive scenarios (6 participants). • Cognitive Training: Stress management and reaction time exercises (6 participants). 	<ul style="list-style-type: none"> • Motorsport Team Activity: Snow and ice-related team challenges designed to push limits and enhance team cohesion (full team). • Mental Preparation: A sports psychology session and training focused on building mental strength, stress tolerance, and maintaining focus under competitive conditions (full team). 	<ul style="list-style-type: none"> • Dinner • Round table
Saturday (Intensive Training Day and Motorsport Team Activity)	<ul style="list-style-type: none"> • Snow Driving Competition: Practice and competition on ice, allowing participants to apply learned techniques in real situations (Race of Champions, Cross Karts). 	<ul style="list-style-type: none"> • Final Coaching Session: Individual performance reviews with recommendations and goal-setting for future development. • Closing Team Building: Group summary, evaluation of results, and distribution of certificates and acknowledgments. • Departure: Final evaluations and return journey. 	

Cross Karting on snow and ice



F4R

FIT4RACE



Introduction:

For over 15 years, we have been preparing and support Elite Racing Athletes to achieve their best on the race track. Our data-based approach and Holistic perspective help us to provide effective and personalized development strategy to anyone from any field of Motorsports. Now you can experience firsthand in a unique training camp how great champions prepare for the season.

“Teaching the secrets of top athletes and high performers.”



NORBERT MICHELISZ

2024 winner of the FIA TCR World Tour 🙌



ROOKIE CHAMPION

Tolkkilan Kartano



Hotel Room



Tolkkila manor offers 20 high-class rooms for their guests.



Restaurant



Royal Resorts Ltd aims to offer guests of Tolkkila Manor food that is of top quality, but at the same time casual and simple.



Spa



Tolkkila's sauna world contains two very cool saunas next to each other.



Common Areas



Tolkkila manor offers a total of eight different meeting spaces. Groups of 12-30 people have several different rooms to choose from.

Important information

Location:

KymiRing, Finland

Kymentie 748,
47400 Kausala, Finland

Date:

17-22. February 2025

Price:

€5700 / person
Accommodation, all
programs and all meals
included





CONTACT

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