

GARMIN CATALYST 5-15-1

Using the Garmin Catalyst in between sessions will help you **constantly and consistently improve** your driving. Our time between on-track sessions can be tight and busy. Between refueling your mind, body, and car you may only have 5 minutes to prepare for the next session, or 15 minutes, or 1 hour. The 5-15-1 Process is all about helping you make the most of your limited time between on-track sessions and using Catalyst to prioritize what you should focus on for the next session.

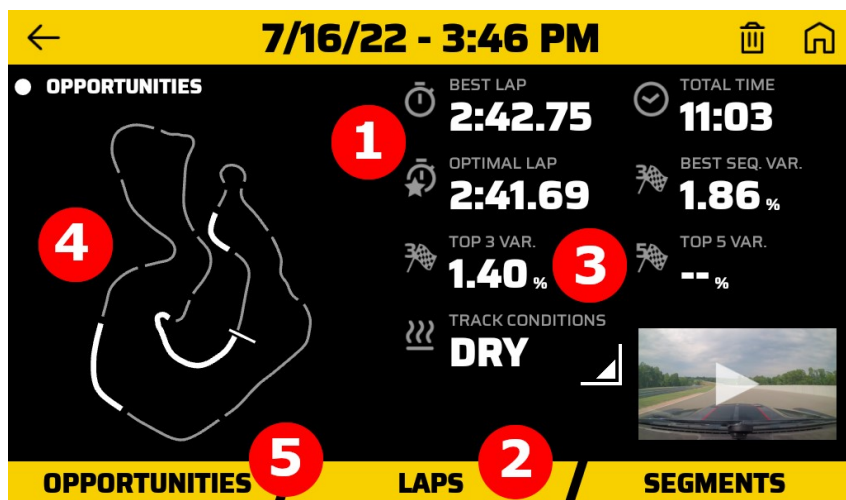
5 MINUTES

With only 5 minutes to spare, the goal is to get a clear mental picture of one thing that will make your driving performance better. Just one — and it needs to be very clear in your mind.

- 1) **Compare Best Lap Time to Optimal Lap Time;** note the difference.
- 2) **Note the number of laps your drove.** If you drove less than 5 laps your consistency may have suffered. If the difference between your Best and Optimal lap times was more than a second, ask yourself how much of the difference was due to traffic, and how much due to inconsistency in your driving.
- 3) **Now, look at the Top 3 Var.** This is your consistency grade for the session.

0.5 or less	excellent
0.5 - 1.0	okay consistency, but should be improved
1.0 - 2.0	not consistent enough, and improving this is priority one
2.0 or greater	very inconsistent; need to understand why, and work on this one area

- 4) **Note the 3 highlighted areas on the track map.** They're the 3 places where the biggest gains in lap time can be made, so make note of where on the track they are.
- 5) **Tap on Opportunities and review opportunity 1 only.** This is the section of the track that Catalyst has identified as your biggest potential for time savings.

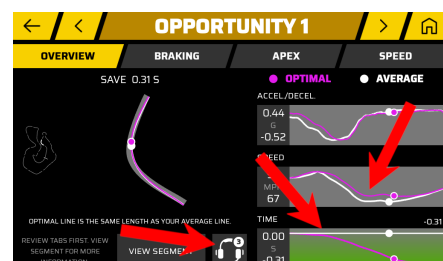


OPPORTUNITIES

Opportunities correspond to the highlighted portions of the track you saw on the main review page. Catalyst will generate up to 3 of them automatically sorted by potential for time savings.

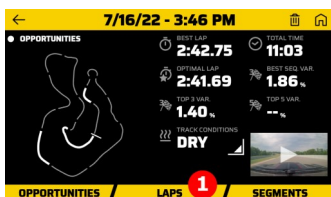
In bottom-right, note where the Time delta begins to spread, that's where the priority is. From here you'll likely be able to get a glimpse into whether it's a braking, line, or acceleration issue.

The cursors on the graphs and maps are all in sync. On each tab, Catalyst will **give you a short insight** into your driving. What does the Catalyst tell you about your braking? your line? your speed? Be sure to pinch to zoom in on the track map to see details.



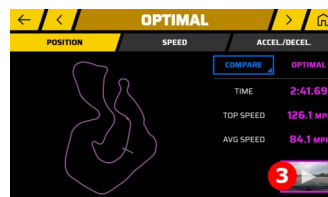
OPTIMAL LAP VIDEO

Take a moment to understand what you should do in the next session. Should you focus on improving consistency, or improve your Best Lap time? Be sure to get a very **clear mental picture** of that.



Garmin Catalyst LAPS screen. It shows a table of lap times and gaps for four laps. The optimal lap is highlighted in red.

LAP	LAP TIME	GAP
AVERAGE	2:43.53	+0.78
OPTIMAL 2	2:41.69	-1.06
1	2:42.75	0.00
2	2:45.84	+3.09
3	2:48.77	+6.02
4	2:46.48	+3.73



Watch the **Optimal Lap video** as many times as you can, and get clear on what it is you should do. This is a video of you driving the Optimal Lap, soak up this video image of what it is you should be doing consistently!

15 MINUTES

With 15 minutes to spend reviewing the information from the Catalyst, start just as you would with 5 minutes. Then, I recommend you focus on two areas of your driving: **Opportunities and Consistency**. Dig in deeper and spend more time reviewing all three Opportunities and really be clear on how you're going to use the feedback from the Catalyst.

Let's say your best lap time is a 1:30.5, but because of track conditions or the wear on your tires, you're only able to turn a 1:31.0. The Top 3 Var is a great metric to indicate how much effort it's taking to do those laps. If your lap time is a 1:31.0, but your Top 3 Var is decreasing, then you've improving. Even though your outright fastest lap time is not as fast as your best, you are **establishing a baseline** for your lap times. I like to think of the baseline lap as being "cheap," and you can turn them pretty much all the time. When you combine what you've learned from the Opportunities, you'll likely find that your new "cheap" baseline is in the 1:30s. Use the Top 3 Var. and Top 5 Var. as tools to help you focus on consistency.

Lastly, spend 5 or so minutes doing **mental imagery of the techniques** it'll take to accomplish the Opportunities. This is where you'll mentally "cement" what it is that you're going to do on track. Start by closing your eyes, relaxing, and breathing slowly. Imagine doing what the Catalyst told you was Opportunity 1. Imagine what that looks like. Imagine what your hands, arms, legs and feet will be doing - and actually move them to build the muscle memory to do so. Imagine what this would sound like - what the sounds from the engine, tires, wind, brakes, etc. will be. Finally, to reinforce the mental imagery, watch your **Optimal Lap video** one last time... and then go drive.

1 HOUR

If you have 1 hour between sessions, now is the time to dig deep into what the Garmin Catalyst can tell you, to help understand what you should do in the next on-track session. Again, start with the same review process you used when you had 15 minutes. Spend more time learning from the Catalyst and **dig deeper into the Opportunities**.

After you've reviewed and gotten clear in your mind what the Opportunities are telling you to focus on, tap the **Segments tab**. There are so many different pieces of information the Catalyst has for you to learn from that it's impossible for me to tell you to focus on just one. Instead, ask yourself what you can learn from each bit of information. The idea here is to "peel back the layers of the onion" to get a more detailed understanding of how you can improve. **Keep it simple**; it is very possible to get into information overload, and be overly-analytical.

It's super-productive to spend more time using **mental imagery** to lock in what you've learned from the Catalyst, and to be mentally prepared to use the information. Once again, simply reading and watching what the Catalyst tells you to do is step one towards improvement, but making that part of your mental programming is the next and final step. Use the Garmin Catalyst to help you **develop and fine-tune your mental programming**. The combination of watching the Optimal Lap video and using mental imagery (visualization) is an incredibly powerful learning tool.

Just before you go back on track, be sure to watch the **Optimal Lap video** one more time. Then, it's time to drive!

5-15-1 PROCESS



GARMIN CATALYST

