



Media Information

DTM

16th February 2018

Climbing, running, lifting weights: BMW DTM drivers in final push on fitness.

- **Four-day fitness camp in Italy.**
- **Focus on fitness training, reaction training and mental training.**
- **Eng: “We were all dripping with sweat”.**
- **Eriksson: “I felt like a real member of the BMW DTM family for the first time.”**

Munich. In preparation for the upcoming DTM season, the six BMW DTM drivers got together in Capezzano Pianore near Viareggio (ITA) this week. Philipp Eng (AUT), Joel Eriksson (SWE), Augusto Farfus (BRA), Timo Glock (GER), Bruno Spengler (CAN) and Marco Wittmann (GER) completed a four-day fitness camp there from Monday to Thursday. Team doctor Riccardo Ceccarelli (ITA) and his Formula Medicine team prepared an extensive and diverse training plan with activities in the areas of fitness training, reaction training and mental training.

The programme included cardio and strength workouts using various machines, CrossFit, reaction exercises and concentration exercises, as well as sports such as climbing and beach volleyball. “The fitness camp is always a highlight of pre-season preparations,” said Spengler. “It is fantastic that we all spend time together at the end of the long winter break. It is perfect for team building ahead of the new season. Dr. Ceccarelli’s team has become like family to us now. They come up with new, even more difficult training exercises for our fitness camp every year. This is how the Doc makes sure that our fitness improves and we are perfectly prepared for the start of the season.”

The four days in Viareggio were a valuable, very positive experience for the two new additions to the DTM squad. “The fitness camp was really cool,” said Eng. “Not only was it good to see where your physical and mental weaknesses lie, which you need to work on before the start of the season, but it was also incredible fun to spend a week with the other guys without the pressure of a race weekend. Our stomach

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muscles got a workout from the training sessions and from laughing so much. And the week was also very physically demanding. You could tell that we were thinking competitively even here, and everyone wanted to outdo the others in the training exercises. We were all dripping with sweat.”

Eriksson said: “During this fitness week I not only learned a lot and trained hard, I felt like a real member of the BMW DTM family for the first time. Getting to know my fellow drivers a lot better and growing together as a team was a great experience. Now I will continue to prepare for my DTM debut and can’t wait to sit in the BMW M4 DTM for the first time this year.”

Wittmann will be the first of the six BMW DTM drivers to sit behind the wheel of the BMW M4 DTM this year. He will be in action in the test drives at Vallelunga (ITA) from 1st to 3rd March, thereby marking the critical phase of pre-season preparations. Eng will also be on site in Italy during the test. The 2018 DTM season gets underway with the first two races at the Hockenheimring (GER) on 5th and 6th May. During the course of the season, in addition to the two appearances at Hockenheim for the season opener and finale, the series will also be in action at the Lausitzring (GER), in Budapest (HUN), at the Norisring (GER), Zandvoort (NED), Brands Hatch (GBR), Misano (ITA), the Nürburgring (GER) and Spielberg (AUT).

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