

## 'Trust Is Gained:' Second Awaited Episode of 'Beyond the Visible'

- "Trust Is Gained" is the title of the second episode of the compelling Alfa Romeo docuseries "Beyond the Visible," which takes the public "backstage and beyond" the Alfa Romeo F1 Team ORLEN
- In the spotlight is the pilots' psycho-physical preparation and motivational training to function and perform at the highest level
- Designed to entertain even those who are not Formula 1 experts, the new episode is now available on Alfa Romeo's official social media pages and YouTube channel

The long-awaited second episode of "Beyond the Visible," the Alfa Romeo docuseries that takes the public behind the scenes, and beyond, of Alfa Romeo F1 Team ORLEN, is on air. Five digital appointments reveal the adrenaline-fueled and challenging daily routine of the more than 500 team members involved in the world's most watched motorsport competition.

"[Trust Is Gained](#)," the series' second episode, spotlights the intensity and concentration with which the two drivers, Valtteri Bottas and Zhou Guanyu, prepare mentally and physically for the season. A preparation that includes intense training sessions, psychological training, and grueling athletic tests and special technical tests that simulate on-track activities. Indeed, in the weeks leading up to a race, motivation, passion and concentration become the key to pursuing a single goal: achieving performance excellence.

Several professionals work alongside the drivers every day, from the sports performance coach to the physiotherapist, from the psychologist to the mental coach. Pilots' mental strength is crucial to facing 23 races without losing clarity and concentration. Also important is athletic preparation, in which pilots divide their time between long gym sessions and specific sessions in the simulator. Strength and endurance become essential, but without ever burdening the athlete; in Formula 1, an ounce makes the difference. The training is specific and functional to the man-machine relationship; the smallest details become vital, such as working intensely on the neck muscles.

There are also multiple factors affecting pilots' performance to take into account: the long trips to circuits around the world, jet lag and the stress of race days. The interpersonal relationships created within the team also become the "energy" that drives continuous improvement and keeps motivation at its highest.

Therefore, in this second episode, the public will have the opportunity to get to know and to feel part of the adrenaline-fueled world of Alfa Romeo F1 Team ORLEN drivers. "Trust Is Gained" is available on the official Alfa Romeo social media pages and YouTube channel. Stay tuned for the next unmissable episode!

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