**THIS IS HOW JORGE LORENZO PREPARES FOR THE WORLD CHAMPIONSHIP**

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| ORDINO – ARCALÍS MOUNTAIN PASS, ANDORRA |  |
| **JORGE LORENZO**  Three-time MotoGP world champion and SEAT ambassador |  |
| 00.09  Like that, good, good. Come on! Let’s go Jorge. |  |
| 00.13  You have to try and minimise risks as much as possible, right? My car always drives behind me so that cars can pass us the safest way possible. |  |
| 00.20  **CYCLING WORKOUT**  2 days per week  1,200 metres of vertical drop |  |
| 00.29  **SAFE DESCENT**  Jorge drives his **SEAT Leon CUPRA** down the mountain pass to avoid falling |  |
| 00.36  **TRAINING DIET**  Proteins, vegetables and strictly measured carbs |  |
| 00.40  A **2** to **5** hours gym workout every day |  |
| 00.44  Ducati signed me to win the championship and the first year was tough, but I’m confident that with another year of experience I’ll find a way to win races. |  |