



# Claire Johnson: Meet the Naked Warrior

Fitness and nutrition play a huge role in the racing world, from drivers hoping to be as light as possible to not add to the existing weight of the car to keeping on top form for fitness assessments. Coaches and personal trainers like Daniel Ricciardo's trainer Michael Italiano and Pierre Gasly's coach Pyry Salmela are important personnel in the Formula One team and across the motorsport industry.

Pushing the boundaries of training and coaching in the motorsport world is Claire Johnson, or also known as The Naked Warrior. Starting her career in the health and fitness industry over 20 years ago, she provides her clients with her own knowledge and experience from her training and racing career.

Starting her racing career at her local indoor karting track as a regular attendee, she soon became known for not only her iconic blue racing suit, but also the skills that she had shown on the track. Taking her experience and applying for the British Indoor Karting Championship she stood out on track and was soon offered to become a BIKC and Team Sport Ambassador.

Taking her on-track and off-track knowledge, she has helped the Formula Woman Health and Fitness team during 2021 to get more females on track. With seats in the 2022 GT Cup Championship, she used her advice and guidance on nutrition to aid the UK competitors through fitness assessments and saw 800 competitors go to 50 finalists with her help.

Using her bespoke Racefit program, her aim is to aid and improve her client's driver performance, physical endurance, reaction times, longevity and their results with fitness, nutrition and guidance throughout the motorsport industry. Her talent doesn't stop there as she supports many clients throughout the UK, Europe and USA, such as race engineer Charlotte Phelps and racing driver Ed Bridle.

During her free time, she has assisted regular events with the FIA Girls on Track UK team using her fitness skills to teach local schools the fitness opportunities within motorsport. Another event that she has taken part in, was the January to May 2022 Women in Motorsport exhibition which took place at Coventry Transport Museum. Using her connections and knowledge, she co-created the exhibition to showcase the evolution and impact of women within the motorsport industry.

Alongside her racing and fitness career, she has also written and published her book 'The Winning Formula: Discover the Secrets to Unleash Your AlphaFemale' to help give females in sport empowerment in a predominantly male-led industry. Throughout the book, she interviewed and connected with women within motorsport to find out their experiences with being confident in their careers.

Her fitness programs are not just for drivers, but are also used by team members, corporate employees and individuals within the motorsport industry looking to improve their fitness and nutrition. Her aim during her programs is not to aid the individual for a short-term period, but rather support them from the start of their racing career to becoming a more experienced racer.



Photo: Roy Johnson

Focussing her career on aiding others in the future, she also hopes to be on the track more often in her branded blue suit after she received her own race license.

If you are a driver who wants to improve performance, fitness, focus and race recovery, check out: [www.thenakedwarrior.co.uk](http://www.thenakedwarrior.co.uk) OR [cj@thenakedwarrior.co.uk](mailto:cj@thenakedwarrior.co.uk)

You can also follow Claire:  
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