

ATHLETE QUESTIONNAIRE: In order for me to plan a fitness/athletic program for you, it is necessary to evaluate some of your health and lifestyle history, as well as your present running fitness. Please answer to the best of your ability. Your information will be kept confidential and used only in helping make recommendations for your personalized fitness program.

Name _____ Date _____

Age _____ Sex _____ Height _____ Weight _____ Email _____

Mailing Address _____

Phone: _____

Emergency Contact (Name and Phone) _____

Running Interest (yes or no that apply):

Fitness and Fun _____ Recreational or Social Racing _____ Training for Multi-Sport _____ Racing for improved Performance _____ Racing for Awards (overall, age group, Boston Qualifying, etc) _____

How long have you been running? _____

Would you consider yourself a Novice _____ or Experienced Runner? _____

Running Racing Experience: None: _____ Novice: _____ Experienced: _____

Average weekly mileage during the last 4-6 weeks _____

Average long run in the last 4-6 weeks _____

How many days per week you usually run _____

Have you ever done speed workouts ,interval training, or effort sessions: Y _____ N _____

Do you cross train by pool running, cycling, elliptical. If so how frequently? (If you take a class at a gym please describe it) _____

Do you do core or strength training workouts? (How often and please describe it) _____

Previous running injuries in the last 2-3 years _____

Present running injuries (date, length of training missed, amount of pain)

Describe any problems with previous training or racing? _____

Most recent racing results, include distance, pace/time and date:

Describe your current training goals – what are you trying to accomplish and by when?

Running Personal Bests:

Mile _____

5K _____

10K _____

Half Marathon _____

Marathon _____

Other _____

Did I miss anything? (Additional comments or concerns)
