



ATHLETE INFORMATION

Date_____

Name_____

Age_____Sex_____

Address_____City_____State_____Zip_____

Cell Phone_____Home Phone_____

Email Address_____

Height_____Weight_____

Medications (if any)_____

Your assessment of your health_____

Health Risks_____

Injury Status and description_____

Years Running_____Current Miles Per Week_____

Other Sports and Cross Training_____

Road Racing Background?_____

Recent Race Times

Date - Distance - Time

- 1.
- 2.
- 3.
- 4.
- 5.

Personal Records (Bests) Date - Time

- 5k
- 10k
- 15k
- Half Marathon
- Full Marathon
- Other

List or describe your goals and racing plans for the next year: _____

What are some problems or challenges you would like to overcome for your running or your racing _____

What is your goal in having a running coach? _____

Describe your most recent training period(last 3-4 weeks). Use the information from your diary, include miles, paces, types of workouts, races and effort levels: 1.Mon. Tu. Wed. Thurs . Friday Sat.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Please use this space to address any other subjects you would like to let me know about, or address during your coaching period.

Please be advised that all information collected on this form is confidential and is intended for use as a training aide in assessing your fitness and capacity to handle the stresses of increased running.