**Run Coaching Athlete Questionnaire**

**Name: Address:**

**Contact Tel: Email: Age:**

**Current or recent injuries, and for how long:**

**YOUR RUNNING & OTHER RELATED TRAINING**

**How many years/months have you been running:**

**How many years of structured/coached running:**

**Are you a member of a running club:**

**Set out all running in an example of a recent training week in the last month, please include rough pace of runs and distance/pace of any intervals/threshold runs etc.**

**(You will be asked to re-submit the form if this information is omitted)**

Mon:

Tue:

Wed:

Thu:

Fri:

Sat:

Sun:

**What racing distances have you tried? State your best times for each and the date when this was achieved and your most recent race/time and again the date achieved**

**Describe any medical/work/life balance/family issues that may affect your available running time or training, or otherwise state there are none:**

**State briefly your goals and targets, and please give dates where possible:**

**If you upload your training through Garmin Connect, Training Peaks, Strava or any other programme, please state which and give user name. Online uploads help me to monitor your progress and make any necessary amendments.**

**Any other information you wish to add?**