



Initial Start-up and History Questionnaire

Name:		Phone:	
Height:		Email:	
Weight:			
Age		Morning Resting Pulse, if known:	
Bike Trainer?		HR monitor:	

Please indicate if you have any medical conditions, disease history, etc. that I should be aware of.

Please indicate any previous injuries that have caused you to miss more than a week of training.

What is your longest workout in the past 3 weeks? Describe:

What is the highest HR that you have seen in the past year?

What does your current weekly training schedule consist of (be specific as to what type of workout, duration, intensity):

Swim		# of workouts		min./hrs.
Bike		# of workouts		min./hrs.
Run		# of workouts		min./hrs.
Weights		# of workouts		min./hrs.
Other		# of workouts		min./hrs.

Which day is best for you to take off from training?

How many hrs (by day) can you devote to training.

Are there specific days/times you like/need to do specific disciplines (eg days you swim with a Masters swim program or local track club

Please list any outside commitments that need to be scheduled around and their days (eg kids hockey, known long work day etc)

Do you currently stretch on a regular basis?

How many hours or miles/km did you train this past year? (swim, bike, and run):

Please list **(recent)** previous races with both distances and times:

Compare these to your goal times for this year (if doing same race or distance):

What races/events do you plan on doing this next season?

What are you looking for from a coach?

What are you looking for in a training program?

What date do you want the plan to start?

How long do you want this program to run for?

Do you currently have a Training peaks account?

At the end of our time together, how will we know if we were successful?