Athlete Questionnaire

|  |  |
| --- | --- |
| **Name:** |  |
| **DOB:**  |  |
| **Occupation:** |  |
| **Contact number:** |  |
| **Health conditions:** |  |
| **Physio/doctor best contact:** |  |
| **Where did you hear about us?** |  |
| **Insert link to your Strava** **And/or Garmin account.** |  |
| **Address: (for your Evolve merch)** |  |
| **Size & preference –** **singlet or t-shirt?**  |  |

**Goal ambitions or races for the year**

Fill what is relevant to you.

A races are your biggest goals, B races are one’s you’d like to do well in, C races are training races (ie Park run)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Distance** | **Where** | **When** | **Why** |
| **A races** |  |  |  |  |
| **B races** |  |  |  |  |
| **C races** |  |  |  |  |
| **Other goal** |  |  |  |  |

- Which of those races have you done before?

- If you have how did you go in them?

- Where did you do well and where do you think you can improve.

**Training**

Give me a brief run down on your most recent training regime.

**Usual training week**;

|  |  |
| --- | --- |
| **Days in a normal week** |  |
| **Distance per week and on your average runs** |  |
| **Time of day etc** |  |
| **Speeds per km (easy running)** |  |
| **Terrain – hills, bitumen** |  |
| **Long run** |  |

**Lets talk speed work;**

|  |  |
| --- | --- |
| **Where do you do most of your runs?**  |  |
| **What do your intervals look like?** |  |
| **Time taken to complete these intervals?** |  |
| **Most weekly mileage you have been able to sustain. Due to fatigue, body, or other considerations?** |  |

**Training with other people groups**

1. If you would like to do some of your sessions with other people/ groups - which ones, what day(s) of the week and what kind of session(s) are they?

**Terrain available to train on**

1. What kind of climbs do you have access to? ie trail/ road, steep / gradual, long/ short how long would it take to run up - technical/ fire trail

2. Do you have a surface for speed work? Oval, running track or any flat measurable surface to do speed work on

**Body**

|  |  |  |  |
| --- | --- | --- | --- |
| **Any previous major running injuries** | **Any current niggles** | **Any areas of weakness that you have to watch**  | **Other medical condition that affects your training** |
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|  |  |  |  |

**Mental**

|  |  |
| --- | --- |
| **Strengths** | **Weaknesses** |
|  |  |
|  |  |
|  |  |
|  |  |

**Available time**

1. What days do you prefer to train?

2. How much time do you have available to train on those days?

**Previous Race history**

* Please list PB's and any major results so I can get an understanding of what speeds you have run.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1km** | **5km** | **10km** | **HM** | **M** | **Trail** |
|  |  |  |  |  |  |

* If you could also list your current form that would also be great.
* What is your racing experience like?

**Additional Training**

Please detail any other physical activity you do - eg gym, cycling, swimming, yoga, sports.

**Shoes**

What shoes do you run in and how happy are you with them?

**Training Recording**

What GPS recording do you use? Please let us know which one so we can connect with you and track your training.

Please also connect with Evolve Run Club on [Facebook](https://www.facebook.com/Evolve-Run-Club-105420411252745), [Garmin Connect](https://connect.garmin.com/modern/group/3345245) or [Strava](https://www.strava.com/clubs/EvolveRunClub).



**Regarding the training program.**

You will receive a program for you every 4-5 weeks. Each program will be delivered to you before the start of the next block. *You can cease our arrangement* ***after the completion*** *of your current plan*, of course. I would like to keep a transparent relationship with communication also. So, if you have any feedback please speak up and I will best accommodate your requests.

Please note, by signing up to a program, you acknowledge you are in good health and able to undertake an exercise regime. You agree to wave Dion Finocchiaro & Evolve Run Club coaches from accountability of injuries sustained from the prescribed exercises and training plans.

**Cost:** $80 per month for basic or $120 per month for premium coaching.

**Triathlon coaching and group sessions including a plan are premium by default**.

There is also a once off set-up fee of $30 which can be paid into the Evolve Run Club account.

***Minimum 3-month commitment.***

Basic [ ]

Premium [ ]

**BSB** – 083 004

**Account number** - 748922099

**Reference** – Your name

Payment can be made on week 1 of training block, each month. **Direct debit is encouraged.**

*You will receive a recurring monthly invoice via Xero, delayed payments may result in a delay of your training program.*