

# COACHING QUESTIONNAIRE

## GENERAL BACKGROUND

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### Personal info:

Name:

Email:

Work Phone:

Home Phone:

Number of Children living with you?

Does your spouse/partner share your athletic pursuit?

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### Athletic Background:

When did you first start running?

Cycling?

Swimming?

When was your first Triathlon?

When was your longest triathlon?

List your best personal records and top Finishes:

How many times and mile do you run weekly?

How many times and miles do you bike weekly?

How many times and yards to you swim weekly?

How many workouts per week does your heart rate go above 80% of your max?

Do you belong to a masters swim program?

Do you take your pulse regularly?

Do you wear a heart rate monitor?

Do you live in an area with hills?

How long is your longest run during an average month?

How long is your longest ride during an average month?

How far in advance do you plan for races?

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**Time Commitments:**

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Hours worked per week?

Hours commute per day?

Do you feel your time spent training integrates well into your life in general?

Describe your workouts in terms of time allotments as "I run before work, I commute to the office, I swim after work, I ride on the weekends."

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**General Health:**

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Age:

Sex:

Height:

Weight:

How is your health Generally?

Have you had any health problems of significance since adulthood?

What is your typical Breakfast? Lunch? Dinner?

What is the number of hours you sleep each night?

Describe below any therapies (message, Chiropractic) you receive regularly:

**Equipment Used:**

What kind of bike do you ride?

Describe below any way the geometry position is altered from its original state:

Do you ride with Aero Bars?

Mounted on Pursuit Bars?

Mounted on Road Race Bars?

What kind of shoes do you run in?

Do you run in orthotics?

Describe the terrain on which you run, including whether you do or don't regularly run off-road:

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**Previous Coaching**

Do you currently train under a coach?

Describe below any coaching philosophies to which you adhere:

Describe below how you currently determine what your training regimen will be:

**IF THERE IS ANYTHING ELSE YOU'D LIKE TO ADD, PLEASE DO SO BY ATTACHING AN ADDITIONAL SHEET AND FAX TO 613-392-7752**

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