

Spectrum Striders: Athlete profile

The information provided will be treated in complete confidence. It is a tool designed to assist with training planning. If you would rather discuss the questions with your coach informally that is fine!

1. Today's Date

2. Name

Email

3. Age:

4. Status: - working full-time; working part-time (please specify), not working, student etc.

5. How does this affect training? (For example restricting time available, stress of work, childcare issues etc).

6. How long have you been involved in running?

7. How much time do you have available to train each week? (Think here about time you have away from Spectrum Striders – if I were to suggest an additional solo session, could you fit one in?)

8. What would you see as your running goals? If it's easier, break this down into the next two-three months, 6 months, a year – even beyond that.

9. What was your main motivation to take up running?

10. What other fitness activities do you do regularly? (Walking, exercise classes such as yoga, pilates, golf, cycling etc)

11. What previous sporting/fitness activity have you taken part in? (This can go back to your school/college days if you think it's relevant).

12. If you know them, what are your most recent 'best times' over 5k / 10k / HM distances, with approximate dates?