



Coaching Questionnaire & Personal Running History

Name _____ Date _____

Age _____ Sex _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Email Address _____

Height _____ Weight _____ % Body Fat (if known) _____

Resting Heart Rate (HR) _____ Maximum Heart Rate (HR) _____

Medications _____

Current State of Health _____

If currently sick or injured, describe difficulty and date of onset:

Health Risks (i.e. family history, chronic disease, etc):

Recent Running Injuries, including date:



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How long have you been running? _____

Previous exercise or competitive history _____

Racing Experience: Beginner _____ Experienced _____

Current Racing (List races in the last 6 months):

<i>Distance</i>	<i>Pace or Time of Completion</i>	<i>Date</i>
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Personal Bests (List your best performances and their dates)

Running Interests:

- _____ Fitness and Fun
- _____ Recreational or Social Racing
- _____ Racing for Improved Performance
- _____ Racing for Age Group or Other Awards

List your running and racing goals (future races, dates, goal times (if that's a goal), long range running goals: _____

Why are you seeking a Personal Coach? _____



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Describe your most recent 4-6 weeks of training in detail. List the miles, or time spent running; your pace or heart rate; the surface or terrain (track, road, bike path, bark chips, trails, flat, hilly, rolling, etc.) and any supplemental or additional training (weights, stretching, cycling, swimming, aerobics, etc.) Include any races run:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Last Week							
2 Weeks Ago							
3 Weeks Ago							
4 Weeks Ago							

Additional comment or concerns: _____

CONSENT AND RELEASE

I desire to participate in this program. I understand the risks involved in running, walking, or other fitness activities and assume personal responsibility for my health and safety while participating in this program. I also understand and accept the following responsibilities:

Coach's Responsibilities:

- To design an individualized training schedule, provide motivation and feedback, technical assistance, racing guidelines, and counseling to each runner based on his/her goals and fitness level.
- To be available by phone 9 AM – 3 PM Monday through Friday or by email for consultation.

Athlete's Responsibilities:

- Keep the coach up to date on how you are responding to the training by maintaining your training log.
- Notify the coach as soon as possible:
 - When it seems like you may have an injury or the beginning symptoms of illness
 - If you need to miss or modify a training session or scheduled race
 - When you plan to opt out of personal coaching for a period of recovery or other activities.

Date

Signature