



7) Are you using any medications? If yes, explain:

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8) Is your cholesterol level high? What's your cholesterol count?

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9) Do you have any condition that a doctor says may limit your exercise? If yes, explain:

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10) Have you ever smoked? When did you quit? \_\_\_\_\_

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11) Have you ever had a joint or back disorder or any current injury? If yes, explain:

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12) Have you had surgery in the last 12 months? If yes, explain:

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13) Are you now, or have you been pregnant in the last three months? \_\_\_\_\_

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### **Your Athletic History:**

1) List your favorite sports and years of participation.

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2) Do you currently have a strength training routine? If yes, describe (machines or free weights, days per week, sets, reps, resistance, etc.).

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3) Please rate your familiarity with strength training routines:

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4) Have you ever had an exercise related injury which caused you to stop exercising for a week or more? If yes, explain. \_\_\_\_\_

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6) List your best race times, with splits if possible.

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**Your Current Athletic Information:**

1) Have you planned what races you will compete in next season? If so, please list with dates and priority (A, B, or C with A being the most important).

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1) What are your three most important goals? Rank them 1-2-3. The goals should be related to your “A” races, be measurable and objective.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

2) At the completion of our first season together, how will we know if we were successful? What is the single most important thing we must accomplish?

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4a) What is your training week like now?

Day	Type of workout (run, strength training, x-train)	How long	How hard
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

4b) Is the above high, normal or low for you? \_\_\_\_\_

Please provide an example of a typical HIGH VOLUME week from your training log.

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- 5) What is your longest workout in the last 3 weeks? Describe.  
\_\_\_\_\_  
\_\_\_\_\_
- 6) How many weekly hours do you have available to train? Be realistic. \_\_\_\_\_
- 7) What time of day do you expect to do most of your training during the work week?  
\_\_\_\_\_  
\_\_\_\_\_
- 8) Do you have access to a track? \_\_\_\_\_
- 9) Can you attend Tuesday Night Track (at McCullough Jr. HS) on a regular basis? \_\_\_\_\_
- 10) Do you run with a running club? \_\_\_\_\_
- 11) Do you ever train with a group? If yes, how many days per week?  
\_\_\_\_\_  
\_\_\_\_\_
- 12) Which day is best for you to take off from training? \_\_\_\_\_
- 13) How many miles and/or hours did you train in the past 12 months? \_\_\_\_\_
- 14) What were the most important races you did in the last 12 months?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 15) Do you have a heart rate monitor? If yes, which model. \_\_\_\_\_
- 16) How familiar are you with training with a heart rate monitor?  
\_\_\_\_\_  
\_\_\_\_\_
- 17) What is the highest heart rate you have observed while running?  
\_\_\_\_\_
- 18) Do you know your lactate threshold heart rate (LTHR)? Please list. \_\_\_\_\_
- 19) Do you know your VO2max for running? Please list. \_\_\_\_\_
- 19) Do you have a GPS enabled watch? If yes, which model. \_\_\_\_\_

## Limiters:

In order to focus your training most efficiently, we need to determine your limiters: those aspects of fitness that are limiting your current performances. Please take a few moments to assess your abilities on a score of 1-5.

1 = among the worst in my race category

3 = about the same as others in my race category

5 = among the best in my race category

*See descriptions of each ability below.*

Abilities/Techniques	Run
Endurance	
Force	
Speed Skills	
Muscular Endurance	
Anaerobic Endurance	
Power	

## Definitions:

Endurance is the ability to delay the onset and reduce the effects of fatigue, implies an aerobic level of conditioning.

Force is the ability to overcome resistance: how well you run hills, or in the wind.

Speed Skills is the ability to move effectively while running. A measure of economy and technique.

Muscular Endurance is the ability of the muscles to maintain a relatively high force load for a prolonged time. A combination of force and endurance.

Anaerobic Endurance is the ability to resist fatigue at very high efforts when leg turnover is rapid.

Power is the ability to apply maximum force quickly.

Miscellaneous Factors	Poor	Good	Excellent
Time to train			
Injuries			
Health			
Body strength			
Flexibility			
Mental skills			
Body composition			
Nutrition			



- (i) provide or perform, within Montgomery County, Texas, the same or similar services performed by Finish Strong Coaching on his own behalf or on behalf of any other person or entity;
- (ii) call upon or solicit any customer whose account is or has been serviced in whole or in part by Finish Strong Coaching with the purpose of attempting to sell to any such customer any services included within those services provided by Finish Strong Coaching; or

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_