



# ATHLETE QUESTIONNAIRE

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

Name: \_\_\_\_\_

USAT#: \_\_\_\_\_

Email: \_\_\_\_\_

Training Program:  Sprint  Olympic  Half

## I. GOAL SETTING:

1. What would you like to get out of this training program?

\_\_\_\_\_

2. List your top 3 goals for this training program (please be specific with goal times, distances, dates, etc. (ex. To finish a sprint triathlon in under 1:30)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## II. YOUR ATHLETIC HISTORY AND CURRENT EXPERIENCE

1. Years/months experience swimming (if any)? \_\_\_\_\_

- I think my swimming ability is:  Never Swam  Can Swim on Top of Water
- I can swim  15 yards  25 yards w/out stopping  50+ yards w/out stopping
- I can swim  Front Crawl (Freestyle)  Breaststroke  Backstroke
- I can breathe on  One Side  Both Sides
- Open Water Experience  Yes  No
- Please briefly describe briefly your experience.

\_\_\_\_\_

2. Years/months experience biking (if any)? \_\_\_\_\_

- Weekly biking mileage:  None  < 10 Mi  < 20 Mi  < 50 Mi  50+ Mi
- Please briefly describe briefly your experience.

\_\_\_\_\_

3. Years/months experience running (if any)? \_\_\_\_\_

- Weekly running mileage:  None  < 10 Mi  < 20 Mi  < 50 Mi  50+ Mi
- What is your best 5K time: \_\_\_\_\_ Date: \_\_\_\_\_
- What is your best 10K time: \_\_\_\_\_ Date: \_\_\_\_\_
- Please briefly describe briefly your experience.

\_\_\_\_\_

4. What is your longest workout in the last 3 weeks? Please describe.

\_\_\_\_\_

5. In the last month, please list your longest swim, bike & run in yards or mileage:

Swim \_\_\_\_\_ Bike \_\_\_\_\_ Run \_\_\_\_\_

6. Do you train with a heart rate monitor?  Yes  No

7. Briefly describe what you want to work on or feel you need the most work on:

\_\_\_\_\_

8. Have you ever had an exercise-related injury that caused you to stop exercising for a week or more?

Yes  No

If yes, please describe & include date of injury and recovery detail:

\_\_\_\_\_

\_\_\_\_\_