



## Athlete Questionnaire

The following information will help me get to know you better as an athlete and a person. It will allow me to better individualize your training to your specific needs and goals. All responses are kept confidential. Thank you for taking the time to provide this information.

1. Athlete name, address and best phone number to reach you
2. General background – age, occupation (if applicable), marital status, children
3. Your height & weight
4. Ideal body weight
5. How many hours of sleep do you need each night? How many hours of sleep do you currently get (on average)?
6. FEMALES:
  - a.) Date of last period (if applicable)
  - b.) Are your periods regular?
  - c.) Approximate number of days for your cycle (if applicable)?
  - d.) Do you notice a difference in your energy levels at different times of the month?
7. Athletic background – how would you describe yourself as an athlete? Did you grow up participating in any sports?
8. How long have you been doing triathlons (if ever)?
  - a. At what age did you start swimming?
  - b. At what age did you start biking?
  - c. At what age did you start running?
9. What was your primary motivation in signing up for an Ironman (bucket list, achieve a PR, challenge oneself, always wanted to do one, FINISH, qualify for Kona, etc).

10. Is your family supportive of your goals? Explain.
11. Have you ever worked with a strength & conditioning coach or personal trainer in the past? If so, when? What were the areas of focus?
12. Do you do any regular type of stretching or yoga? Do you ever use a foam roller?
13. Other sports you regularly participate in?
14. Please give me an idea of what you've been doing as far as a typical week of training for you in the past three months (number of days per week, activity, minutes, intensity). Please note that it is OK if you haven't been training much - that's where I come into the picture ☺!
15. Races you have signed up for (or plan to do) in the coming year – names & dates?
16. Have you ever participated in (Y or N)?
  - An Ironman?
  - Half Ironman?
  - Marathon?
  - Half Marathon?
  - Olympic Tri?
  - Sprint Tri?
  - Fondo or century ride?
  - Other endurance event? (List name)
17. Please provide the year and your finish time for any past races you have participated in (triathlons or any individual discipline races such as marathons, half marathons, fondos, open water swims, etc. (these are often available on Athlinks.com or sometimes you can just google your name and the race name and year – for example "Alison Headley, Steelman Triathlon race results 2017")?
18. What do you believe are your strengths and weaknesses in the 3 disciplines (swim, bike and run)? What area do you like the best? The worst?
19. The amount of time you have to commit to training on a daily/weekly basis? I'd like to know the number of days per week you can realistically train and also number of hours you are able to set aside each day. It's helpful if you share your work or family schedule (if applicable), any days of the week that are particularly difficult for you to train, and

also days you might have more time for longer training. Obviously your schedule may vary somewhat week to week, but you can communicate any constraints, commitments, vacations, etc to me as you know them.

20. Injuries or concerns that you have (can also be something you think you are susceptible to, problems in the past, or any issues you are currently dealing with)?
21. Any prior sports related surgeries?
22. Have you seen a physical therapist/chiropractor in the past or currently?
23. Aside from injuries, do you have any medical issues of which I should be aware? Do you currently take any medications?
24. When was the last time you had a physical?
25. Are you a member of a gym? Does it have a pool? Which gym?
26. Are you a member of a tri club? If so, which one?
27. Do you have partners that you train with regularly or do you prefer to work out on your own?
28. EQUIPMENT/GEAR - Do you own a:
  - Road Bike?
  - Tri Bike?
  - Other Bike? What kind?
  - Racing Wheels?
  - Bike trainer? What kind?
  - Clip-in pedals?
  - Aero helmet?
  - Treadmill?
  - Wetsuit?
  - Swim Fins?
  - Pull Buoy?
  - Triathlon or Sports Watch (indicate type)?
  - Heart Rate Monitor?
  - Power Meter?
  - Weights at home?

(These aren't necessary, this information just gives me an idea of what type of equipment you have so that I can make appropriate recommendations for you).

29. Have you used Heart Rate Training previously?
30. Are you currently linked onto Garmin Connect or Strava?
31. What are your goals for yourself as a triathlete?
32. How does nutrition fit into your athletic goals (e.g., "It is what it is", "I train to eat", "I eat to train" or something else?) Are you interested in learning more about eating a nutrient dense diet?
33. If you have done past endurance races, how has your stomach tolerated "race" fluids & nutrition (e.g., Gatorade, Gels, bananas etc)? Would you say you have a strong stomach, a sensitive stomach or something in between?
34. How would you describe your "mental fitness"? Any worries or areas where I can give you specific support?
35. Overall, how can I best help you? In other words, what do you think a coach can give you that you can't do for yourself?
36. Anything else you would like me to know about you.