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# RUN COACHING APPLICATION QUESTIONNAIRE

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## RUN COACHING APPLICATION QUESTIONNAIRE

**Please answer all questions honestly and as accurately as possible so we can get an understanding of your needs and look at way how to progress your running. If you feel uncomfortable answering any of the questions, then please leave them blank. Remember a run coach needs to know every bit about you inside and out to get the best out of the ability you have regardless of your running level.**

### Your Details

<b>Name:</b>	
<b>Address</b>	
<b>Town</b>	
<b>Postcode</b>	
<b>Age</b>	
<b>Run Club If Any?</b>	
<b>Current Wight? (stone/lbs.)</b>	
<b>Height?</b>	
<b>Run Shoe Size?</b>	
<b>Have you had previous coaching? If yes brief description.</b>	
<b>Do you Smoke?</b>	
<b>Do you have any medical conditions we should know about?</b>	
<b>What's your family status? i.e. married with 4 children</b>	
<b>Do you work and if so how many hours and are they nights/days?</b>	

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### Running History & Goals

How long have you been running for (years)?

What is your goal i.e. run 10k in 45 mins, lose weight or run faster?

What are your personal best times i.e. 5k 30mins?

How many Miles per week was your highest ever?

Do you do any core training? If so what?

What was your biggest running achievement?

What do you think is your best distance? i.e. 5k, 10k, marathon?

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### Nutrition

Do you know how many Kcal you have each day?

What is your typical day's diet like?

What periods in the day do you normally eat and do you eat before/after running i.e breakfast before run or no breakfast just run?

How much water do you consume a day?

Is there anything you can't eat i.e. allergy to peanuts?

Do you drink and how much per week?

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**Running Aids**

<b>Do you wear headphones/listen to music when running?</b>	
<b>What if any GPS what do you wear?</b>	
<b>Do you use a Heart Rate monitor?</b>	
<b>If you upload is it to strava, training peaks or any other?</b>	
<b>Do you wear any supports? i.e Knee/Arm.</b>	

**Heart Rates**

<b>Do you know your max Heart Rate?</b>	
<b>Do you know your resting heart rate?</b>	
<b>Do you know your heart rate zones?</b>	
<b>Do you know what your VO2Max is?</b>	

**Training**

<b>How many miles per week do you run?</b>	
<b>How many rest days per week do you have?</b>	
<b>What time of the day do you run?</b>	
<b>Do you do any track sessions? If so what are they and how many times a week?</b>	
<b>Do you do any other specific run sessions i.e. tempo or steady?</b>	
<b>What Terrain do you train on?</b>	

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**Other Details**

What Terrain do you think best suits you? i.e. Flat road. Hilly mud	
Do you stretch?	
Do you warm up and if so how?	
Are you a forefoot, mid or heel striker or don't know?	
Do you wear orthotics or pronate/over pronate or don't know?	
Do you know what your stride length is in mtrs?	
Do you suffer from injuries or been injured for any long length of time?	

**What do you want from Time2Run Coach (brief description i.e. run faster/get fitter)?**

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**Anything else we should know or comments you have?**

**What Happens Next?**

We will see you for a consultation normally within 7 days at a cost of £35. This normally lasts about 1-2 hours. After the consultation plans are done specifically for you to follow every 4 weeks. The price for 1 month is £35 (minimum of 6-month period), if you require further consultation or one to one tuition then this can be negotiated.

Remember we are always here, communication between the coach and runner is vital.

Good Luck and Look Forward to Working with You Soon.