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RUN COACHING APPLICATION QUESTIONNAIRE

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TIME2RUN EVENTS LTD

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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

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

Running History & Goals

How long have you been running for (years)?	
What is your goals 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?	

Nutrition

Do you know how many Kcal you have each day?	
What is your typical day's diet like (Roughly)?	
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? When you eat is it picking/Snacks or big meals?	
How much water do you consume a day?	
Is there anything you can't eat i.e. allergy to peanuts?	
Do you drink alcohol and how much per week?	

Running Aids

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

Heart Rates

Do you know your max Heart Rate?	
Do you know your resting heart rate?	
Do you know your heart rate zones?	
Do you know what your VO2Max is or what this is?	

Training

How many miles per week do you run?	
How many rest days per week do you have (days not running)?	
What time of the day do you run?	
Do you do any track sessions? If so what are they and how many times a week?	

Do you do any other specific run sessions i.e. tempo or steady?	
What Terrain do you train on?	

Other Details

What Terrain do you think best suits you? i.e. Flat road. Hilly mud	
Do you stretch and when?	
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/Target Race)?

Anything else we should know or comments you have?

What Happens Next?

The price for 4 weeks is £40, 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.