



262.439.8601 • peakperformancepros.com

ATHLETE INFORMATION

Name, Date, Address, City, State, Zip, Birthday, Age, Height, Weight, Home Phone, Work Phone, Cell Phone, Fax Number, Email, Preferred phone contact time, Married, Children, If yes, how many and what are the ages?, What do you do for work?, Normal hours of work?

PHYSIOLOGICAL & TRAINING INFORMATION

I would like coaching in the following sport(s):

I train with a heart rate monitor: • Yes • No
If yes, what brand & model?

I train with power on the bike: • Yes • No
If yes what brand of meter & model?

Have you had a Lactate Threshold or Anaerobic Threshold test done?
If yes, for which sport?
Bike: when and what was the number?
Run: when and what was the number?

Have you had a bike fit done?
If yes: who, where and when?

What is your resting heart rate or the lowest you have seen?
My current level of fitness is (1 low - 5 high): • 1 • 2 • 3 • 4 • 5

My dietary habits are: • Excellent • Adequate • Needs Work
Do you take any form of supplements? • Yes • No
If so, what are they?
Is there anything special about your dietary habits (vegan, etc.)?

Please describe your nutritional habits. What do you typically eat?
Breakfast
Lunch
Dinner
Snacking

When was your last complete physical?
Any Problems?
Are you cleared from your physical to train and compete?
• Yes • No

What was your longest training week ever (hours)?
When was this?
In the last year what was your longest training week?
What is your typical training week (hours) now?
How many weeks have you been training those hours?
What is the maximum amount of time (in hours) per week that you could REALISTICALLY dedicate to training consistently?

Approximate training time available per day with a typical work/workout schedule:
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

How many days per week do you typically take off from training?
Do you ever feel guilty for taking a day off?

How many hours of sleep do you average per night?
Do you have difficulties in sleeping? If so, what are they?

What time do you usually go to bed?
What time do you usually wake-up?
Are you a morning person or an evening person?

Group workouts that you regularly participate in (if any):
Your athletic background; please list the sports and activities in which you have participate most often throughout your life. At what level did you compete or participate?

When did you begin training in the sport(s) you want coaching in?

Do you keep a training log? • Yes • No

If yes, how long have you kept one? _____

Number of years training in each sport:

Swim _____ Bike _____ Run _____

Number of years competing in each sport:

Swim _____ Bike _____ Run _____

Swimming Time Date

Fastest 100yd/meter _____ / _____

Fastest 500 yd/meter _____ / _____

Fastest 1500 yd/meter _____ / _____

Cycling Time Date

10 mile time trial _____ / _____

40k mile time trial _____ / _____

Running Time Date

5k running race _____ / _____

10k running race _____ / _____

Half-marathon _____ / _____

Marathon _____ / _____

Triathlon

What are your best times for the following events?

Location Date

Sprint _____ / _____

Olympic _____ / _____

Half Ironman _____ / _____

Ironman _____ / _____

Do you have any recurring sport injuries? If so what are they?

Have you seen a physician regarding this injury or discomfort? Have you had physical therapy? If so what kind? _____

What are your 3 season's goals (Note: Goal should be 1. Race/event specific; 2. Be measurable; and 3. Have a specific date for accomplishment) for example: to break 1:30 at the XYX half marathon

1. _____

2. _____

3. _____

The longest "A" priority race I will do this season will take me about:

- Under 2 hours (sprint)
- 2-4 hours (Olympic)
- 4+ hours (Ironman distance)

Rate the following sport a 1, 2 or 3.

(1 = strongest, 2 = average, 3 = weakest)

Swim _____ Bike _____ Run _____

Please check 1 statement below for each sport that best describes what is standing between you & success in achieving your goals.

Swim

- I find it difficult to finish the swim portion of a race
- In choppy open water swims I lose more time than others in my race category
- My swim technique is poor
- My swimming gets slower as the race progresses
- If I start the swim fast, I start gasping for air and must slow down more than others in my race category
- At the end of the swim portion I am unable to speed up to catch those slightly ahead of me
- Other _____

Bike

- Just finishing the bike leg of a race is difficult for me
- I am passed by lots of other athletes on hills
- I am a masher, I push big gears slowly
- Even on flat courses my bike speed decreases near the end
- As the bike portion of a race gets shorter I do worse relative to those in my category
- In short races, I struggle to get over short "power" hills
- Other? _____

Run

- I usually find it difficult to finish long runs
- I run hills slower than most in my race category
- I bounce up and down more than others when I run
- My running gets slower as the race progresses
- In shorter races, if I go anaerobic I am forced to slow down
- Other? _____

This season's top three races

Location Date

Tentative Race _____ / _____

Tentative Race _____ / _____

Tentative Race _____ / _____

Additional Comments or Concerns



Email completed form to: melissa@peakperformancepros.com,
wendy@peakperformancepros.com & bob@peakperformancepros.com