RUNNERS PRE-PROGRAM QUESTIONNAIRE

Your Runner's Questionnaire will provide the important information that will allow me to create your personalized program. Your program will be specifically designed to suit your goals and needs. Please answer the following questions as best you can and feel free elaborate as much as you need.

CLIENT'S NAME: _____

DATE OF BIRTH: _____

EMAIL: _____

PHONE: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE #: _____

▷ Occupation & day to day job description i.e. How much standing, sitting at desk, driving, walking you do per day on average
_____

▷ General Health History Any major/chronic illness, accidents, operations, medical conditions? Do you smoke? How much alcohol do you drink in a typical week?
_____

▷ How would you describe your lifestyle?
_____

▷ How would you describe your diet?

▷ Tell me about your running presently (past 6 months to 1 year) How much do you run currently? (Runs/week, distances/times each run, types of runs)

▷ Do you have any running injuries presently? In the past? Any niggles or concerns?

▷ What is your current or next running goal, and your future running goals? Please provide specific event/date

▷ What type of running shoes do you currently run in: brand, model, what types of runs are they used for? If you require any advice on future running shoes purchases, please let me know.

What distance group would you like to train in?

☐ 15km ☐ 25km ☐ 50km

What pace would you consider yourself?

☐ Fast ☐ Average ☐ Like to Smell the Roses

▷ What other exercises, if any would you normally do or like to include each week?
i.e. cross training, cycle, swim, yoga, Pilates etc. (It doesn't need to be any)

▷ If there is anything else you would like me to know, please add this here.
Including details of previous running programs, you have attempted or completed.
(i.e. distance, duration, types of run sessions you are familiar with, any issues).

▷ Have you done Interval training sessions before? Tempo running sessions before?

▷ What are your expectations?