

STRAITSPEED

★ SPEED WITH A PURPOSE ★

ATHLETE QUESTIONNAIRE

Today's date: _____

Your Name: _____ Age: _____

Cell Phone: _____ City: _____

Email : _____ State: _____



Please answer the following questions so I can know more about your running.

Bring this completed form to our first consultation or

Email prior to our first phone consultation for remote athletes.

1. Let me know what your lifetime PR's are for 5k, 10k, half marathon, and full marathon.

5k 10k HALF FULL

2. What were your fastest times this past year?

5k 10k HALF FULL OTHER

3. What was your highest weekly mileage total this past year?

MILEAGE

4. What was your longest single run during this past year?

LONGEST RUN

5. Tell me what your favorite workout is.

6. Do you stretch before and/or after your workouts?

YES ☐ NO ☐

7. Tell me anything else your feel is pertinent information.

