# *Cycling and Triathlon Coaching*

Thomas Chapple 206-321-9664 CoachThomas.com

***Realize Your Potential!***

## Athlete profile:

Name _____ Age _____ Height _____ Weight _____ Date _____

Phone _____Address _____

How long have you been consistently training? Years; ___ Months; ____

How many total hours do you usually train per week? _____ How many days per week? _____

Of those hours how do they break down? Swim; _____ Bike_____ Run _____ Weight training; _____Other; ____

During the **last 3 months** what was your **longest** ride? _____

During the **last 3 months** how many hours, or miles, have you trained each week?

Bike miles_____ hours _____ Weight training _____ Other_____

During the **last month** how many hours, or miles, have you trained each week?

Bike miles_____ Hours _____ Weight training _____ Other_____

What is the highest heart rate that you've seen during cycling _____ How long ago did you see it _____

Have you ever had a V02 max test or lactate threshold test? _____ If yes, what were the results _____

During the **last year** how many hours/miles did you train?

Miles _____ Hours _____ Weight training _____

How many hours per week can you **realistically** train? _____

Please list which days of the week and which hours that you'll be able to consistently train each of those days

Monday_____

Tuesday_____

Wednesday_____

Thursday_____

Friday_____

Saturday_____

Sunday_____

How many hours of quality sleep do you get per night? _____

How would you rate your current level of motivation to train? Poor ____Fair ____Good ____Great __

Do you ever feel that your training is unproductive or a burden? Often ____ Sometimes ____ Never ___

Do you ever feel fatigued or exhausted during a training session that **would normally be easy**? Yes __No ___

What aspects do you perceive to be your strengths? _____

_____

What areas do you want to improve in? _____

_____

Are there other areas in your life that require a great deal of attention? ( family, work, school, etc. )

_____

Why are you seeking the advice of a coach? _____

_____

What role do you want a coach to play in your life? _____

_____

Please list all the races that you are planning on competing in this year.
Please include the **dates**, **distance**, and **prioritize** them 1-3 (1 being most important)

_____
_____
_____
_____
_____

Is there anything else you would like to add, or anything that you think I should know about you?

_____
_____
_____
_____

**Please use the rest of this page and the back of this form to list any medical information that I should know about. Such as previous, or current injuries or medical conditions that might limit your physical activities or place you at risk for harm or injury.**

_____
_____
_____
_____
_____
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_____