

Squamish Titans Running Intervals – Winter 2010
Performance Option

Initial Questionnaire

1) Name:

2) Age:

3) Goal Running Events: (eg. Marathon, 10K, Trail Races, Triathlon)

4) What is/ are your specific goal time(s) for the targeted events in 2010?

5) History in Goal Events:

Event	Personal Best Time*	Date of PB (approx.)	# Times You Have Raced this Event

*If a multi-sport event, only list running time

6) Describe your (previous) typical training week leading up to a race:

7) How many days/week do you want to run in 2010:

8) Describe and injuries or other physical limitations you may have: