

PREP Training, LLC

Personal Running History

1. How long have you been running?
2. What is your current weekly mileage? (If not currently running, describe your typical workout week).
3. For how many weeks have you been doing the above listed mileage/workouts?
4. What has been your longest run ever? Longest in the past 6 weeks?
5. Do you have any injuries or issues that have inhibited you're running in the past? If so, what are they and how recently have you been affected?
6. What are your **specific** running/racing goals for the next 4-6 months (dates, distances, etc.)? What is your most immediate KEY race date and distance?
7. Have you ever raced before? What are your personal best times and distances (with race dates please)?
8. How many days per week are you able to commit to running? Cross training?
9. Do you have (2) specific days that work better as your HARDER effort days? (Preferably either T/Sat or W/Sun)?
10. Do you currently do any strength training? If so, what do you do and how often? If not, have you done any in the past? Are you willing to commit to running specific strength training?
11. When did you purchase running shoes (from a running store) last? Are you willing to make this investment if necessary?
12. Please include any other info you might view as pertinent to your training: