



Athletic History Record For Triathlon, Duathlon, and Running Programs

Name _____ Date _____

1. Are you currently an active runner, duathlete, or triathlete? YES NO (If YES, Go to question #2)
If NO, are you presently engaged in regular physical activity? YES NO
 - a. If yes, please outline type of activity.
 - b. Frequency (times per week)?
 - c. How long have you been engaged in this activity?
 - d. Please go to Question #7.
2. Number of years experience in running/duathlon/triathlon.
3. Average training volume in each discipline over the last three months:
 - a. Swim (avg weekly yardage/time over last 3 months):
 - b. Bike (avg weekly mileage/time over last 3 months):
 - c. Run (avg weekly hours over last 3 months):
4. Longest swim/bike/run in the last 3 months? 12 months? (In hours/minutes)

a. Swim	In last 3mo?	12mo?
b. Bike	In last 3mo?	12mo?
c. Run	In last 3mo?	12mo?
5. Please list your best race times with splits, if possible, for the following:
 - a. 5K run
 - b. 10K run
 - c. 1/2 marathon run
 - d. marathon run
 - e. sprint distance duathlon/triathlon
 - f. Olympic distance duathlon/triathlon
 - g. 1/2 Ironman distance duathlon/triathlon
 - h. Ironman distance duathlon/triathlon

6. Are you *currently* engaged in a strength-training program?
- a. If yes, how many times per week?
7. Have you planned the races you will compete in this season? Please list with dates and prioritize them ("A" races being the most important, "B" races being somewhat important, and "C" races being the least important).

8. What are your three most important goals for this season?

a.

b.

c.

9. How many weekly hours do you have available to train? Be realistic.

10. What days do you have the most time available for training?

11. What days do you have the least time available for training?

12. What is your current training week like now?

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

SWIM

BIKE

RUN

WEIGHTS

13. Do you have a stationary bike trainer?

14. Do you have a heart rate monitor?

Signature_____ Date_____