

ATHLETIC HISTORY

1. Please list the sports and activities in which you have participated most often throughout your life. Include duration participated, how long ago, how competitive you were and any other comments.

2. List your best race results. Events, time, place etc.

3. On average, how many miles or hours per week did you train in the past 6 months? _____

4. Have you ever done any strength training? Yes No

5. Do you think it helped your performance? Yes No

6. Do you think you have ever over-trained? If yes, please describe the type and amounts of training you were doing.

7. What do you think your strengths and weaknesses are as an endurance athlete?

Strengths: _____

Weaknesses: _____