

SPORTS TRAINING HISTORY FOR ENDURANCE ATHLETES

Primary
Sport

Briefly describe a typical training week:

Please describe how many hours/week you train?

How would you describe your sport experience level

Novice

Experienced

Competitive

How many days a week do you typically swim, bike or run?

How many miles/week do you typically swim, bike or run?

How often (if at all) do you strength train?

DO YOU HAVE A GOAL RACE/COMPETITION
FOR WHICH YOU ARE CURRENTLY
PREPARING? (if yes please provide date)

Please provide list of your "A" races/competitions
over past few years.

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If take vitamins/supplements please list them here (include brand name if you are able!!)

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How would you describe your diet/nutrition?

Needs help

Appropriate for my level of training

other _____