



SUNDOG ATHLETE QUESTIONNAIRE

Today's Date:

Name:

Address:

City:

State:

Zipcode:

Country:

Email:

Phone Number:

Gender:

Month & Year of Birth:

Number of years running:

Please tell us how you heard about Sundog Running?

YOUR TRAINING AND RACING GOALS

What are your training and racing goals for this particular training program or coaching cycle?

Please list races of particular interest that you would like to run in the next six months:
Rank the importance of each race with #1 being the most important race, #2 as the next most important race, and so on.

[illegible]

YOUR TRAINING BACKGROUND

Number of years you've been running?

Number of years you've been racing?

If you're a marathoner and/or ultramarathoner, how many years have you been doing these?

How many marathons and/or ultras have you completed?

Provide an overview of your last 10 weeks of training and include the following information:

[illegible]

Describe your typical week of running:

Day	Distance/Duration	Workout (if any)	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Your average weekly training volume (include miles or kilometers):

In the last 12 weeks:

How much weekly training volume do you believe you can handle without feeling overtrained?

Your average number of days running per week:

In the last 12 weeks:

How many days per week do you believe you can run without feeling overtrained?

Approximate your average pace for the following (include minutes/mile or minutes/kilometer):

Easy/Long Runs:

Hard Runs:

Do you prefer your workouts in miles or kilometers?

Training Organization:

How many hard/specific/quality running workouts do you complete per week and what days of the week do you normally run them?

How many days off from running do you take each week and what day(s) are they?

On which day do you usually complete your long run?

What is the farthest you have run in a single long run in training?

Strengths/Weaknesses:

What are your running strengths?

What are your running weaknesses?

What areas do you believe you need the most improvement?

What is your favorite hard running workout?

What is your least favorite hard running workout?

Running Injuries

Please describe any running injuries you've had and whether you are still affected by the injury (include type of injury, date, possible cause, how long it lasted, and rehab routine):

Cross Training:

Please describe any other supplemental or cross-training exercise (ex. biking, swimming, hiking, weight training, Crossfit, yoga) that you regularly perform as a part of your fitness/training program. Include the days that you prefer to complete these exercises. We'll incorporate this into your running schedule:

YOUR RACING HISTORY

List your personal best times and the year you ran them for any of the distances below:

Distance	Time	Year	Race Name/Location
Half-Mile/800m			
Mile/1500m			
5K			
10K			
½ Marathon			
Marathon			
50K			
50 Mile			
100K			
100 Mile			
Other:			
Other:			

List your best times in the last 12 months:

Distance	Time	Year	Race Name/Location
Half-Mile/800m			
Mile/1500m			
5K			
10K			
½ Marathon			
Marathon			
50K			
50 Mile			
100K			
100 Mile			
Other:			
Other:			

YOUR TRAVEL

Please list dates of travel, vacation or any other activities that will limit your ability to train. Your plan will be adjusted for these special day(s).

[illegible]

YOUR TRAINING GROUNDS

Do you have access to a track, a measured course, or do you use of a GPS device?

Where do you do the bulk of your running? Paved or dirt road, trail, track, paved or unpaved urban trails?

Do you have access to hills? Can you describe your hills (steepness and length, road or trail)?

Do you have access to a treadmill? If so, does it incline and decline?

Do you have access to similar surfaces and terrain of your goal race? Briefly describe what you have available.

Please provide any other information we've missed that might be helpful in analyzing your needs and developing your personalized training and racing schedule. Thank you!

Unless previous arrangements are made, training plans take us one to two weeks upon receipt of your questionnaire to complete.