

# World Class Racewalking



## Coaching Questionnaire

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

How long have you been walking/racewalking? \_\_\_\_\_

Longest race completed? \_\_\_\_\_

Personal Best times: 1 mile \_\_\_\_\_ 3k \_\_\_\_\_ 5k \_\_\_\_\_ 10K \_\_\_\_\_

20k \_\_\_\_\_ 1/2 marathon \_\_\_\_\_ Marathon \_\_\_\_\_

Primary goals in the next 90 days  
\_\_\_\_\_

Primary goals in the next year:  
\_\_\_\_\_

Any other races in the next 90 days?  
\_\_\_\_\_

Current weekly mileage \_\_\_\_\_ Maximum weekly mileage: \_\_\_\_\_

Current long day distance: \_\_\_\_\_

Maximum heart rate (if known) \_\_\_\_\_ Resting heart rate: \_\_\_\_\_

Chronic injuries?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Current injuries? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Current typical weekly training pattern—include weight training and cross-training, if applicable:

M \_\_\_\_\_  
T \_\_\_\_\_  
W \_\_\_\_\_  
Th \_\_\_\_\_  
F \_\_\_\_\_  
Sat \_\_\_\_\_  
Sun \_\_\_\_\_

Anything else? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_