

Arete Endurance Coaching Questionnaire

1) What are your Goals? 3 Months from Now. 6 Months from now? 12 Months from now? Long term? Any goal races or events?

2) What do you enjoy about endurance sports? How long have you been active in endurance sport? Any other sport interests?

3) What do you find most challenging when it comes to endurance sports?

4) Have you had an injuries in past 3 months? Past 12 months? Please describe.

5) Any health concerns? Any dietary lifestyle requirements?

6) Why do you want to be coached? Is your family supportive of your goals?

- 7) Are you investing in cross training? Example Walking, form drills, swimming, or strength training?
- 8) Describe briefly your daily lifestyle. Example: I work an office job. I am on my feet all day, my job can stress me out, etc.
- 9) What time of day do you prefer to work out? Any schedule concerns?
- 10) Do you prefer to workout alone or with someone?
- 11) How many ways would you like to train per week? Is there any special scheduling you would require? Example: I know that Mondays are days when I will have no time.
- 12) What do you think your strengths are (athletically)? What do you think your weaknesses are (athletically)?
- 13) Briefly describe your last 4 weeks of workouts in table below. Example. Monday ran 3 miles in 35 minutes before work

Arete Endurance

Weeks Ago	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4							
3							
2							
1							

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