

fitfirst **Runner Profile**

Jess Mullen MS, RD · 206.851.2037 · www.fitfirst.net · jess@fitfirst.net

Name: _____ Email: _____

Address: _____

Age: _____ Ht: _____ Wt: _____ Gender: _____

1. What has been your average weekly total run (miles or minutes) over the past 6 weeks?
_____ miles per week OR _____ minutes per week
2. What has been your longest single run in the past 6 weeks?
_____ miles _____ minutes
3. Have you run any races in the past several months? _____ If yes, list races and times:
4. Have you done any cross-training/strength training in the past 6 weeks? _____ If yes, please describe:
5. How much free time do you have, on a daily average, for running and/or other training? Please detail each day of the week, what time(s) of the day and if you can get out to the mountains. Thanks!
6. How many days a week are you able to train? _____ days/week and please list any specific cross-training and days preferred to do that. Also list preferred rest day(s) if applicable.
7. What is available for running and other training? (e.g. track, pavement, grass, dirt, treadmill, gym)
8. Do you have a favorite type of run workout?
9. Give details of any specific run workouts you have performed over the past 6 weeks.
10. List any races you are planning to run in the coming 4 months.
11. What is your most important race in the next 6-12 months?
12. Please describe any current or past injuries you've had.
13. What has kept you from reaching your goals in the past?
14. What are you most looking for in working with a coach?
15. Any other comments? Thanks!!