



Personalized Running Training

Registration and Athlete Profile

REACH YOUR POTENTIAL!

Registration... It's easy

Please Print

Name: _____

Age: ____ Date of birth (MM/DD/YYYY): _____ Sex: F M

Address: _____ City: _____

State: ____ Zip: _____ Cell Phone: _____

Email: _____

Are you a current member of USA Triathlon (circle)? Yes No

****Monthly sign up is a minimum of 3 months**

Running Analysis Session or Private Session \$50/hour Total: \$ _____

*Fees are non-refundable and non-transferable.

Pam Houck and Amesbury is not responsible for any accident or injury on Lake Gardner premises and local towns' roads in Massachusetts and New Hampshire. I also give my consent to appear in photographs for potential marketing purposes.

Signature: _____

Payment is by check or cash. Check is payable to Pam Houck
Bring Registration form to class with payment, or mail all to:
Pam Houck
19 Glen Devin Street
Amesbury, MA 01913

Questions: Cell 978-697-5627 Email: pahouck@gmail.com

This profile questionnaire is an assessment of your current fitness, capabilities, and goals. This gives us an understanding of your fitness of each sport to create the training program. If you are not sure leave it blank. Please Print

CURRENT WORKOUTS/HISTORY

Have you done Road Races (circle)? Yes No :

5K: Number Done: _____ Best time: _____ Date: _____ Current time: _____

5 mile: Number Done: _____ Best time: _____ Date: _____ Current time: _____

Half Marathon: Number Done: _____ Best time: _____ Date: _____ Current time: _____

Marathon: Number Done: _____ Best time: _____ Date: _____ Current time: _____

Are you currently running (circle)? Yes No If yes, answer the following questions:

How many miles a week on the average do you run? _____

How many days a week is your running? _____

Do you run with a group (circle)? Yes No

What is your length of your longest run? _____ miles. Time of run (hr:mm:ss) _____

Do you cross train with other sports (circle)? Yes No

If yes, which sports: _____

What is your typical training week now (give some details: time of day, distance, workout type (speed or easy):

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

What are you goals of the Half/Marathon/Running training?

1

2

3

4

5

What races are you are planning to do this year? (Race name and date)

1

2

3

4

5

What injuries had in past or current and information the coach should know?

Look forward to training you to reach your goals in competing in triathlons.
USAT/RRCA Coach Pam Houck