



# 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: \_\_\_\_\_

Payment (Select one):

Personalized Couch-to-5K (7 weeks) \$80 \_\_\_\_\_

Personalized Half Marathon (Minimum 3 months) \$75 per month  
Number of months: \_\_\_\_ \_\_\_\_\_

Personalized Marathon (Minimum 4-5 months) \$75 per month  
Number of 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: \_\_\_\_\_

Registration form can be emailed or brought to your 1<sup>st</sup> meeting with Coach Pam.  
Payments can be by check or Venmo app (Pamela Houck).. Check is payable to Pam Houck  
If mailing registration form and paying by check, mail to:  
Pam Houck  
19 Glen Devin Street  
Amesbury, MA 01913

Questions: Cell 978-697-5627 Email: [pahouck@gmail.com](mailto: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