Fill out this questionnaire and email it to me at [support@strengthrunning.com](mailto:support@strengthrunning.com). This helps me give more personalized, detailed advice to you. Please allow **at least 5 business days** to write your plan. Thanks!

**Name:**

**Age:**

**Male/Female?**

**Email Address:**

**State:**

**How many years have you been running?**

**Do you want your plan in metric or US (miles and minutes/mile) units?**

**Height and Weight:**

**Average weekly mileage during the last 4-6 weeks:**

**Average long run in the last 4-6 weeks:**

**Describe your faster running workouts in the last 4 weeks** (Please be specific and include distances run, paces, recovery intervals, etc. that will give me an understanding of what you’re currently doing)**:**

**How many days per week you usually run:**

**Previous running injuries in the last 2-3 years:**

**Present injury or injuries (date of injury, length of training missed, amount of pain, etc.):**

**Do you cross-train by pool running, cycling, elliptical, etc. If so, how frequently? (if you take a class at a gym, please describe it):**

**Do you do core or strength training workouts? Describe:**

**Have you ever been coached? If so, what did you like/dislike?**

**Recent Personal Bests** (Please estimate 1-2 race finish times if you don’t have any recent personal bests or else it’s very difficult for me to estimate your training paces)**:**

**Favorite training/racing philosophy (what do you believe works?):**

**Are you planning on racing soon? Provide date and type of races** (I need the actual DATES of your races in order to schedule them appropriately)**:**

**If you’re not planning any races, what is your goal for this training plan?**

**Where do you want your running to be in 3 months?**

**What’s your first and second priorities for a coaching program (what do you want to accomplish)?**

**Did I miss anything?**