



TriSuccess
MULTISPORT COACHING

Contact information:

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Name:

Complete Address:

Home phone:

Cell phone:

Email:

Birthday:

Age:

Height:

Weight:

Emergency contact:

Emergency contact phone:

Please list any medical conditions you have that may affect your endurance sport training and racing:

Please list any injuries you have or have had that may affect your endurance sport training and racing:

Please list any allergies you have:

Please list any over-use or over-training injuries you have had and when:

Occupation or Student year:

Typical working or school hours:

Sunday -

Monday -

Tuesday -

Wednesday -

Thursday -

Friday -

Saturday -

Preferred days to train and number of hours available to train:

Sunday -

Monday -

Tuesday -

Wednesday -

Thursday -

Friday -

Saturday -

Please list any other schedule restrictions that should be considered when planning your training schedule:

Do you have access to a fitness center and if so what facility:

Do you swim with a swim team and if so what team and when do you practice:

Do you participate in any other sports, if so please list:

Do you work with a personal trainer (strength training) and if so who and how often:

Why do you want to hire a triathlon coach and what are your expectations of a coach?

Training History

Please describe your typical training regimen during the past year in each area:

Swimming -

Cycling -

Running -

Strength training -

Please estimate your average weekly training mileage and/or time spent in each sport for the past 8-12 weeks:

Swim -

Bike -

Run -

Strength training -

Other (yoga, other sports, etc.) -

Please list your perceived weaknesses in each sport:

Swim -

Bike -

Run -

Other (transitions, mental toughness, nutrition issues, etc.) -

Please list your most recent race results (previous 1 to 2 years): Can include as separate file.

Date	Event	Swim distance	Swim time	Bike distance	Bike Time	Run distance	Run time	Total time	Comments

Do you have a heart rate monitor and do you train with it?

Have you ever had Lactate Threshold (LT) or VO2 Max testing done? If so, please list your test results (suggested training zones) and when and where you were tested.

Do you have an indoor bike trainer or power meter?

What type bike do you ride?

Do you have a GPS watch?

What are your short term (1 year or less) racing goals?

What are your long term (greater than 1 year) racing goals?

Please list any other goals or concerns that should be considered when planning your training and racing schedule:

USAT Membership Number: _____ Expiration Date: ____/____/____

You must be an annual member of USA Triathlon (USAT) to be coached by TriSuccess coaches. Please see www.usatriathlon.org to join USAT.

Proposed Race Schedule (for next 12 months or more):

Date	Event	Swim distance	Bike distance	Run distance	Comments

Which statement best describes your perceived weakness in each sport: (can select more than one but rank them as 1, 2, 3, etc. with 1 as your greatest limiter)

Swim:

- I find it difficult to finish the swim portion of a race.
- In choppy open water swims I lose more time than others in my race category.
- My swim technique is poor.
- My swimming gets slower as the race progresses.
- If I start the swim fast I start gasping for air and must slow down more than others.
- At the end of the swim portion I'm unable to speed up to catch those slightly ahead of me.

Bike:

- Just finishing the bike leg of a race is difficult for me.
- I am passed by lots of other athletes on hills.
- I am a "masher" - I push big gears slowly.
- Even on flat courses my bike speed decreases near the end.
- As the bike portion of a race gets shorter I do worse relative to those in my category.
- In short races, I struggle to get over short "power" hills.

Run:

- I usually find it difficult to finish long runs.
- I run up hills slower than most in my race category.
- I bounce up and down more than others when I run.
- My running gets slower as the race progresses.
- In shorter races, if I go anaerobic I am forced to slow down.
- I almost never win a sprint to the finish line.