**Coach StephB, athlete intake pre-assessment:**

Name:

Email:

Phone:

Address:

Age:

* Discuss your running experience, fitness level, miles per week (peak and off)
* Current weekly mileage?
* Latest running event & race (date, distance, result)
* How did you train for this event?
* What is your favorite race distance and why?
* What are your goals for this season? Are there races? Goal times for those races? Are there a few goal races or one?
* What are your long-term running goals (over a year from now)?
* Injury history?
* Have you worked with a coach before? What was that experience like? How can we improve upon that?
* Different personalities require different kinds of coaching and motivation. I can be a nurturer or a drill sergeant. What type of coaching are you after?
* What is your nutrition like? Describe a typical week day and week end (be honest and transparent, no judging here)
* Any dietary restrictions?
* Any favorite running gadgets? Running watches? Things you don’t like?
* Discuss how much time and energy you have to train. Job/Life demands? Comfortable weekly mileage? Looking to increase or decrease? (***for first time marathon runners just share how much time you can allocate per week to training***)
* Do you cross train, play sports, stretch, get regular massages?
* Any relevant medical conditions? Have you been cleared by your doctor to run and if relevant here train and race?
* What are your expectations from your coach?
* Are there tricks that you have developed to keep yourself focused? Little goals/rewards? Remember, no matter how ambitious your goal, hard work and running should be fun!
* Finally, please feel free to add any questions you have for me