

Athlete Profile - CAC



Please complete the details with as much detail as possible, leave the shaded grey boxes blank. If needed use an additional sheet or continue on paper.

Name	Stage of Athlete Development									
Gender	Group		Comments							
Chronological Age (actual age)	Number									
How Long have you been running with specific training (give details)	Leader									
More About You ? -										
Note any achievements,			Would you consider your work / day:							
list your PB`s (& approx year achieved). Include an idea of season best results (SB) if not races give your prediction.			Give brief details of your previous sporting history (i.e. played football for 10yrs) - 1980 - 1990, then Karate black belt stopped training in 2010.							
Distance	PB	Year	Do you do any training for Flexibility, Strength or Conditioning (if so what?).							
5k										
5miles										
10k										
Half Marathon										
Marathon			Put an "X" for your current weekly training (include all exercise not just running), for running include total daily miles in the next column.							
			Activity	Run	Miles ?	Cycle	Swim	Circuits	Other (list)	
Other			Mon							
List your Goals and Objectives (Be Specific i.e. Run under 40 mins for 10K by the end of 2017)			Tue							
			Wed							
			Thur							
			Frid							
			Sat							
			Sun							
			SMART (Y / N)							
With your present life style how many days could you have available to train ?										
Have you got an injury or are you presently starting to train after an injury										
if Y please give details or limitations to fitness / or rehabilitation that you are undertaking.										
Date form Completed.			Date reviewed:							

Please send completed forms electronically: paulbird@blueyonder.co.uk. This will help to plan your training and to assist you in achieving your goals. Any questions contact me: mobile 07774 965370, Thanks Paul. Or other members of the coaching team.