



Marilyn Chychota Coaching LLC

Athlete Questionnaire:

Athlete Name: _____

Date: _____

Phone: _____

Address: _____

City: _____

DOB: _____

Married: _____

Children: _____

Goals:

What is your ultimate health and fitness/athletic outcome (NO LIMITS)?
i.e. in 3-5 years time how would you ideally like to describe your body, physical vitality and performance level?

Describe your goals. These can be times, technique goals, competition-specific, etc. What do you want to accomplish?

How far away are those goals?

What kind of time period will you need to accomplish them?

What are the things you need the most work on to accomplish these goals?



How important (on a scale of 1-10) is this fitness/athletic goal?

What do you stand to gain by achieving this outcome? How will it affect the rest of your life (work, family, relationships, self-esteem)

What are your top 3 outcome goals for this season

- 1.
- 2.
- 3.

What were your top 3 goals at this time last year?

- 1.
- 2.
- 3.

Did you achieve them? Why? Why not?

Lifestyle:

What is limiting you from achieving your goals?

- | | |
|--------------------|-------------------|
| Work Time | Motivation |
| Family Commitments | Knowledge/No Plan |
| Travel Time | Procrastination |
| Support | \$\$ |
| Injury | Other: _____ |



Lifestyle Continued...

Please Explain:

Hours you work per week:

Rate your work stress level:

Hours you would like to train per week:

Available time slots for training (insert current schedule if applicable):

M	T	W	R	F	S	S

What is the maximum amount of time you would like to devote to training on each day

Typical Bed Time:

Typical Wake Time:

Typical Work Hours:

Can you/ Do you want to train during your lunch hour?



What is the maximum amount of time that you want to devote to training in a day:

Weekdays:

Saturday:

Sunday:

If you attend regular group training what activities and what days?

Training

Two Greatest Strengths in Triathlon:

- 1.
- 2.

Two Greatest Limiters in Triathlon:

- 1.
- 2.

For each of the following what is the longest that you've been capable of doing ever and in the last 2-3 months and how long ago? I ask this so I can start your training off at a level that meshes with your present abilities:

- | | Ever | Last 2-3 months |
|-------------------------------------|------|-----------------|
| - Swim session (in meters or yards) | | |
| - Bike ride (mi/hours) | | |
| - Run (mi/hours) | | |
| - Bricks bike/run (in hours) | | |

Please list your swim intervals for an average workout:

Long Course Meters (LCM) or Short Course Yards (SCY)

For example 100's on the 1:40 (touch on the 1:35)

100's

200's

500's



Do you train with a Power Meter?

If so, what are your typical power outputs for:

- Base training (average daily power over the course of your week)
- Steady Training (best average power for an Ironman?)
- Moderately-Hard Training (best average power for a Half-Ironman)
- Hard Training (best average power for an Olympic Distance race)

Do you train with a Heart Rate Monitor?

If so, what are your typical average heart rates for:

- Base training (average daily training HR over the course of your week)
- Steady Training (best average HR for an Ironman?)
- Moderately-Hard Training (best average HR for a Half-Ironman)
- Hard Training (best average HR for an Olympic Distance race)
- Maximal Heart Rate (highest you've seen it during a 5K etc).

Nutrition

Eating Habits: (Recall what you ate over the previous 24hrs)

Miscellaneous

Do you stretch? If so, how frequently?

Do you strength train? If so, how frequently?

Coaching



Past Sporting History:

Past Coaching Experiences (list):

- *
- *
- *

What worked well in those relationships?

What was less successful?

Injuries/Medical

Past History of Injury:

Current Injuries:



Do you see a Physical Therapist, Massage Therapist, Chiropractor on a regular basis? If so, are there any chronic injuries requiring such treatments?

Any other medical conditions that I should be aware of?

Note: If not, please obtain before following any of the training programs provided by us.

PAST PERFORMANCE & CURRENT ABILITY

Past AAA Race Results for the past 12 months (comments if any):

RACE	DATE	RESULT	COMMENTS
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Current Planned Races & priority (A,B,C):



RACE DATE IMPORANCE (ABC) GOAL/S

Fill in your best performances (as best you can recall), over the following distances as well as a recent performance or an estimate of what you could do now. Please indicate the race (or 'training' if the time was done in training) and indicate whether the time was a tri/du split or a stand-alone race.

	PERSONAL RECORDS			CURRENT ABILITY		
	Performance	Date	Race	Performance	Date	Race
Running						
5k						
10k						
Half Marathon						
Marathon						
Cycling						
20K						
40K						



90K						
180K						
Swimming						
100m/yds (please circle)						
1500m						
1.9km						
3.8km						
Triathlon						
Sprint Tri						
Olympic Tri						
Half Ironman						
Ironman						

Please also include any test data that you may have (VO2max, Lactate Threshold, CP30, Field Tests etc).

Describe some of the main challenges you've struggled with:

Describe some things that have worked well for you and led to positive results:

Describe why you want to be a triathlete. Why do you want to do



this?

What are the biggest challenges technically and physically you currently have?

Describe the sessions you have the most difficulty with:

List 3-5 accomplishments you are really proud of?

What 3-5 sacrifices did you have to make to make that happen?

What were the 3-5 keys to reaching these goals?

When put under pressure in a program or race what is your first emotion?

How do you deal with adversity?

How would your friends and family describe you in 10 words or less?

What are the best lessons and experiences you have gotten from the sport?

What are your passions outside of triathlon?

Rank your passions/interests in order of priority 1 being the most important.

Cheers,
Marilyn

