

ATHLETE INFORMATION

Complete all sections. Fields are touch-friendly for phone and tablet users.

Athlete Information

Full name

Email

Phone number

Age

Gender

Emergency Contact

Emergency contact name

Relationship

Emergency contact phone

Time Availability

Which days of the week do you work?

Mon

Tue

Wed

Thu

Fri

Sat

Sun

How many days per week can you train? (pick one)

3

4

5

6

7

Occupation

Work pattern

Full Time

Part Time

PREFERRED TRAINING DAYS

Tick all that apply and select your usual training window for each chosen day.

Monday

Time of day	AM	PM	Evening	
Time available per session	45-60	60-75	75-90	90+

Tuesday

Time of day	AM	PM	Evening	
Time available per session	45-60	60-75	75-90	90+

Wednesday

Time of day	AM	PM	Evening	
Time available per session	45-60	60-75	75-90	90+

Thursday

Time of day	AM	PM	Evening	
Time available per session	45-60	60-75	75-90	90+

Friday

Time of day	AM	PM	Evening	
Time available per session	45-60	60-75	75-90	90+

Saturday

Time of day	AM	PM	Evening	
Time available per session	45-60	60-75	75-90	90+

Sunday

Time of day	AM	PM	Evening	
Time available per session	45-60	60-75	75-90	90+

GOALS AND RUNNING BACKGROUND

Use this page to describe your current training aims and recent running history.

Running Goals

Primary training focus

Specific performance goals

Target race(s) and date(s)

Which distances do you regularly run

Running Background

Years of consistent running	1-3	3-5	5-10	10+
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Weekly Mileage

Weekly "Long Run"
Distance

Peak Weekly Mileage
(past 12 months)

What were you training for?

Longest Continuous
Run (past 12 months)

*What were you training for /
racing?*

BEST RACE PERFORMANCES: (Last 12 months)

Where applicable

5K

Performance [hr:min:sec]

Date

10K

Performance [hr:min:sec]

Date

10 mile

Performance [hr:min:sec]

Date

Half Marathon

Performance [hr:min:sec]

Date

Marathon

Performance [hr:min:sec]

Date

Other [Events / Races / Representation] and [Month / Year]

CROSS TRAINING AND FOOTWEAR

This helps shape total load, recovery, and shoe guidance.

Cross Training

Strength and conditioning sessions per week

0

1

2-3

4+

What other physical activities do you engage in regularly?

Example: Social football - Tuesday training 1.5 hr / Saturday match 1.5 hr; Road biking -Thursday 45 miles

Running Shoes and Footwear

Have you had your running gait analysed?

Yes

No

Primary training shoe(s)

Secondary / rotation shoes

Racing shoe(s)

Anything else your coach should know?

Photography, Video Consent & Signature

- I understand and agree that I may be photographed and/or video recorded during coaching sessions.
- I consent to photography / video recording for analysis of my running technique and performance.
- I consent to photography / video recording being used for educational purposes related to the running coach business.
- I acknowledge that such materials may be used in print, online, and on social media platforms.
- I understand that I will not receive compensation for the use of these images or recordings.
- I understand that I may withdraw my consent for future use at any time by providing written notice.
- I consent to photography / video recording being used for marketing and promotional purposes.

Signature

Date

Printed Name

THANK YOU

EMAIL completed form direct to: davinaellisrunningcoach@gmail.com