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**Couch to the Summit**

**Performance Coaching**

**Intake Questionnaire**

**Everything you write will be kept in-confidence**

**between you and me only.**

**Instructions:**

To get the most out of this process,

try to be as detailed in your responses as you can.

Please feel free to ask me for any clarification
if you are unsure of what I am asking.

If there is any information you do not want to share for privacy reasons or any other concerns, that is completely fine. Just leave a question blank if you don’t have any information to report about the question or do not want to provide an answer.

The more detailed you are the better I can help you, and sharing more will help me better in helping you, but please withhold anything that makes you feel uncomfortable sharing.

Please fill in your**….**

 **Age: Weight: Height:**

What is your target weight (if you have one)?

# Big Picture Questions

1. **Write out a positive vision for your future. Where would you like to see your fitness in 2, 3, 5-10 years time?**
2. **What is preventing you from achieving that future in Question 1, what do you most need help with?**
3. **Do you have a long-term outlook with your fitness progression or are you more focused on ramping up your fitness for events in the upcoming months? Which is more important to you at the moment long-term fitness or short-term fitness?**
4. **What specific events, goals or race plans do you have coming up (if any)? Please list what you have on the horizon (please include dates and any info on the race such as distances involved):**
5. **With Endurance Coaching, understanding that both go hand in hand, are you more motivated to improve your overall health more or to improve your overall performance more when it comes to training? What is your level of acceptable risk?**

***This question is important to gauge the level of risk you might be willing be accept. Some athletes may be willing to risk potentially compromising their health (injury or overtraining syndromes) in the short-term pursuit of a hard goal. Sometimes this risk is acceptable to an athlete. We can work hard together to mitigate those risks as best as possible. Other athletes, will not be willing to risk their health in anyway in the potential of any specific goal or outcome and are rather more long-term focused and patient with progress. These different approaches to risk can greatly change what type of training level we may push toward. Whatever you answer we will discuss this in depth as we go through the process.***

1. My health is most important and I am not willing to risk injury or my health in pursuit of any goal or race
2. My health is important but I am willing to risk the chance of injury or ill-health for a specific upcoming event that I will need to train really hard for.
3. I’m not sure.

**Please choose A, B or** **C:**

1. **What level of endurance athlete do you want to attempt to achieve with coaching (Note any or all that apply):**
2. **Elite-level athlete :**
3. **Top 10 / 20 :**
4. **Age Category Podiums :**
5. **Mid-packer :**
6. **Just finishing :**
7. **Reaching my Endurance Potential :**
8. **Fast Climber/Vertical Ability Focus :**
9. **Ultra-Endurance (Adventures, Long activities) :**
10. **Are you willing to be patient with your fitness improvement or is time of the essence?**
11. **Is patience something you’ve lacked when it comes to fitness in the past?**
12. **Reviewing your past and your approach to fitness, where do you rank yourself in the following out of 10 (1 – Substantially Lacking/Big problem for me to 10 –Excellent/No problem):**
13. **Planning/Scheduling :**
14. **Patience :**
15. **Training Application and Consistency :**
16. **Achieving My Goals :**
17. **Training Knowledge (knowing to do) :**
18. **Managing Training Intensity :**
19. **High Daily Energy Levels :**
20. **Diet/Nutrition :**
21. **Good Body Biomechanics (avoiding injuries etc..) :**

# Athletic History

1. **Have you ever worked with a Coach before? If so, please write down who coached you, for what sports/events, and for how long did you work with this coach? Also explain any limitations you felt with working under a previous coach.**
2. **Most people work with a coach to hold themselves accountable. There are different approaches to how that might work. Do you respond better to tough love or a gentler, more nurturing voice of guidance? If you miss some scheduled training sessions and go missing, would you prefer to be chased up or left to your own devices to re-engage with the coach when you are ready?**
3. **What is your current level of knowledge about endurance training science:**
4. **Little to no knowledge**
5. **Basic knowledge from web articles and social media etc..**
6. **Good understand of endurance training principles (worked with a coach before, have done some education**
7. **High level of understanding**

**Select which one applies to you (A, B, C or D):**

1. **How have you planned, managed, self-coached your endurance training in the past? Were you following any specific training plans or advice you read somewhere? Do you just decide on the day what to do or do you put any thought into your training volume, distances, time etc…?**
2. **Were you sedentary or active as a child?**
3. **Have you had any long periods of inactivity during your life.**
4. **List your athletic history and of physical activity/exercise background (leave race results for next question).**
5. **Have you ever entered a 5km, 10km, Half Marathon, Marathon, Ultra-marathon, or any other endurance type race? If yes, please detail the races you have completed and your times for those distances?**
6. **What is the farthest distance you have ever run in….**
7. **Your lifetime?**
8. **The past year?**
9. **The past 6 months?**
10. **The past 3 months?**
11. **The past month?**
12. **Describe in detail your current exercise routine and how long you have been doing this routine for?**
13. **Do you have any experience or history in the past with high intensity endurance training like interval training?**
14. **List how many hours you have spent in endurance training\* in the past…**
15. **Week?**
16. **Month?**
17. **Year?**

***\* Endurance training means anything that gets you breathing above your sedentary breathing rate at home. This includes walking, hiking, running, cycling, swimming, gym activities such as weight-lifting.***

***If you do not have the number of hours available, feel free to also report distance or any other metric. If you don’t have records try to recall from your memory. If you followed a specific training program – write down what it was if possible.***

1. **Please list total hours of training for any previous year as well (if you have those records available):**

***Knowing how many hours you have spent training each year in your life is valuable information for me as a coach as it can tell me what you are capable of achieving presently and how well developed the potential qualities of endurance in your physiology are. For example, if you’ve never endurance trained before versus if you endurance trained for several years ten years ago, does matter in terms of what type of level of training you could potentially handle now.***

# Athletic Growth

1. **Do you currently have trouble with exercise consistency and discipline to train? If yes, what do you feel triggers, contributes or prevents you from being consistent?**
2. **What would you consider your biggest strengths and weaknesses to be as an endurance athlete?**
3. **Describe the biggest challenge or self-identified weakness you find with endurance activities?**
4. **Typically for how long have you managed to maintain an endurance training regime or program in the past before stopping? If there are any cases, explain why you didn’t end up following through?**
5. **Are there any physical activities you haven’t tried, but would like to one day?**

# Organisation and Time Management

1. **Do you prefer to do exercise in the mornings or evenings?**
2. **Do you exercise at the same time everyday or is it more unplanned each day? If its unplanned, why is it unplanned? Is this something you have a hard time managing or planning for yourself?**
3. **Do you use a schedule/plan/manage your week? Is your schedule consistent from week to week or will it be constantly changing?**
4. **How many days of the week do you have available to commit up to 1-hour of time to endurance training (shorter activities)?**
5. **How many days of the week do you have available to commit more than 1-hour of time to endurance training (longer activities)? If so, what days are best for those longer activities?**
6. **How many days of the week would you like to commit toward endurance training in total?**

*In general, I recommend 5-6 days a week to get the best outcome for endurance training*

1. **Are you willing to slowly increase the time training per week as your fitness develops or do you have a fixed number of hours available to train? If so, what is your minimum and maximum hours of possible commitment?**
2. **If you could design your ideal training week at your current level of fitness and with your current life situation, what would it look like – base this off of how you currently train or used to train when things were going well. List 1 or more training sessions for each day of the week.**

**Mon:**

**Tue:**

**Wed:
Thu:**

**Fri:**

**Sat:**

**Sun:**

# ****Training Specific Questions****

1. **How much percentage of running would you like to include in your endurance program in the future? List non-running activities you would like to do as cross-training during recovery times or in preference to running overall:**
2. **How much Trail Running have you done and what is the percentage of road/hard surface running you do versus Trail Running? What is your preference in the future?**
3. **How much running have done on flat terrain versus hilly/mountain terrain in the past? And what is your preference for the future?**
4. **On climbs, do you find yourself more limited by your legs (muscles/biomechanics) or your aerobic system (breathing/fitness) when you have exercised in the past?**
5. **I have strong legs so my aerobic function gives out before my legs on climbs**
6. **My cardio feels good but legs give up on me on climbs first**
7. **Both my legs and aerobic function feel weak equally**

**Answer A, B or C:**

1. **How often do you train socially with other people (friends or organized group activities)? If you do, what intensity do you tend to train with these people, and how often do you want to continue to train with them?**
2. **How comfortable and how experienced are you in training alone? Do you have people you can train with? If so, how often would you prefer to train with your social group vs alone?**
3. **Where would you prefer to be doing your endurance training during the week (for workouts less than 1 hour). Will all your workouts be local to home, or will you be willing to occasionally travel somewhere to train (like nearby hills/mountains). Discuss what you have available and want to be doing:**
4. **Describe in detail all the areas nearby your home where you could exercise regularly in your daily weekday schedule (30-60 minutes) without having too much travel time. Eg. Note mountains, parks, forests, stairwells, nearby climbs/hills (roads/trails), running trails, running tracks etc..**
5. **How many days of the week would you be willing to travel to do actual training in your nearby mountains?**
6. **Do you have a GPS Watch or some way to GPS record your activities?**
7. **Are you using Strava?**
8. **What kind of equipment do you have for endurance training? Examples include equipment at home, bicycles, winter equipment like skis, running backpacks, hiking poles, microspikes, safety equipment? Please list out everything you have that could be relevant to your training:**
9. **Is Endurance training going to be your highest fitness priority moving forward (in the short-term) or do you have other training commitments (other sports, strength training etc..) that might interfere with endurance training. If so, please list them:**
10. **When training in the past how do you gauge or manage specific training intensities? Do you have a good understanding of different training intensities, or do you just train at a single intensity or go by how you are feeling on the day? Do you use a heart-rate monitor or by power? What is your knowledge and approach?**
11. **Have you ever experimented with or tried nose only breathing during your endurance training?**
12. **Do you have any level of knowledge about Zone-based training for managing training intensity? If yes, what method do you use and what Zones do you currently use in your training?**
13. **Do you know what the aerobic threshold and lactate thresholds are, and if so, do you have any historical or recent data about your heart-rate or power at those thresholds?**

# ****Biomechanics****

1. **Please Rank out of 10 (1 poor - 10 excellent) the number ranking you intuitively feel is your level of satisfaction and ability across each of these attributes of fitness (there is no right or wrong answer):**
2. **Endurance :**
3. **Speed/Power :**
4. **Strength :**
5. **Mobility (active range – range of motion when muscles are engaged) :**
6. **Flexibility (passive range – range of motion when muscles are relaxed) :**
7. **Agility (nimbleness on your feet) :**
8. **Balance :**
9. **Coordination :**
10. **Muscle Imbalances (any noticeable imbalances in your body) :**
11. **Muscle tone/tension (how soft or hard your lower body muscles tend to be) :**
12. **Do you have any previous training experience with calisthenics, gymnastics, weight training, or gym training? Have you ever or currently do strength training with weights? If you did, please explain what kind of program or plan you were following and what was the outcome of the training? Describe your previous or current routines in as much detail as possible.**
13. **Do you have any aversion or physical limitation toward performing weight training or bodyweight exercises like push ups etc..?**
14. **Do you currently do (or have you ever done) regular Yoga or Pilates, Gymnastics or any form of mobility and flexibility training?**
15. **Do you have a gym membership or access to a gym (business or apartment)?**
16. **Have you worked with a personal trainer or coach before? If yes, describe what you did and how it went.**
17. **What exercise/weight equipment do you have available at home to use on a daily basis?**
18. **What are your weakest self-identified areas of your body (for example where are you noticeably weak and/or what exercises do you hate doing and tend to avoid)?**
19. **Describe all injuries you have suffered in the past – including any surgeries that might impact or be relevant to your ability to run. Do you have any injuries or body issues that might prevent or limit you from doing an endurance training program?**
20. **Do you tend to stop training the minute you notice pain and get it resolved, or do you tend to train through pain and hope it goes away or to manage/resolve it while continuing to train?**
21. **Do you currently have any long-standing aches or pains that are chronic and if so, what have you done to resolve them and where are these pains located in your body?**
22. **Are you currently working with any practitioners on your biomechanics? This can include massage therapists, strength/kinesiology coaches, personal trainers, physiotherapists, chiropractors, osteopaths, doctors etc… ? If yes, please explain who and what are they treating you for?**
23. **Do you have any injuries or body issues that might prevent or limit you from doing endurance or specific biomechanics or strength training?**
24. **Do you suffer from any chronic physical pain? If yes, describe what it is, the location in your body, the intensity of the pain on a daily basis (1 being minimal to 10 being max) and what interventions/treatments you have used to tried to overcome it.**
25. **Do you do any regular myofascial release work on your body?**

**Do you have regular massage?**

**Do you own a foam roller? Do you know how to use one? If yes, how do you use it?**

**Do you own any trigger point or massage balls / tools? Do you know how to use one? If yes, how do you use it?**

1. **Describe how many hours you typically sit each day:**

# ****Nutrition****

1. **Explain how you fuel your current activities (what is your approach e.g. how often do you eat, what do you eat, how often do you drink water, what determines when you eat or drink water)?**
2. **What foods/fuels do you know work for you when training (don’t cause stomach upset):**
3. **Do you struggle with knowing what to eat and when to eat to fuel your training? Please explain what your struggle is and what you need help with:**
4. **Do you often go longer than 30 minutes without eating during your training in activities that last longer than one hour? If so, do you tend to run low on energy at some point during these activities?**
5. **What is your dietary preference (vegan, vegetarian, pescatarian etc..) and is there a specific diet you follow? Describe in as much detail what a typical week in food looks like for you (e.g. what are your staples and go to foods):**
6. **Do you have any specific food cravings that you sometimes feel powerless to overcome? If so, what are the typical foods you crave? What are your biggest weaknesses when it comes to food?**
7. **What percentage of your diet do you estimate is whole fresh food versus packaged processed foods?**
8. **How often do you eat out per week versus making your own meals at home?**
9. **Do you track calories and if not, how do you determine how much you need to eat each day or does it just vary day by day based on your hunger levels?**
10. **Do you try to meet any specific nutritional targets with your style of eating?**
**An example might be a certain percentage or amount of a macronutrient in your diet (carbs, protein, fat).**
11. **What are your main sources of protein daily? (Give examples of what you typically eat and quantities)**
12. **Do you have any awareness or targets for how much protein you eat per day? Do you take in more food than usual following harder workout phases or do you tend to always eat the same amount of food each day irrespective of how much training you are doing or not?**
13. **Do you typically eat breakfast? If yes, how long after waking do you eat it, and what do you typically eat (if not described already above).**
14. **If you train in the morning, do you typically eat breakfast before or after exercise?**
15. **When is your biggest meal of the day?**
16. **Do you drink coffee, tea, or any other caffeinated beverages? If yes, how often is your consumption?**
17. **What kind of vitamin or nutritional supplements do you use (if any)?**

**Do you take an iron supplement?**

**Do you take a magnesium supplement?**

**Do you take a Vitamin B12 supplement?**

**Do you take a Vitamin D3 supplement in the winter?**

1. **Do you commonly feel low energy/tiredness/dizziness?**
2. **What type of salt do you use? Do you ever take any salt or electrolytes during your endurance training?**
3. **What type of water do you consume on a regular basis (tap, bottled, filtered water – explain type)?**

# ****Rest and Sleep****

1. **How many hours do you typically sleep each night?**
2. **Describe your sleeping routine. Do you consistently go to bed and awake at the same time every day? Are you a night person, morning person etc…?**
3. **How would you describe the quality of your sleep? Do you wake up each day feeling refreshed? Is it a battle to get out of bed each morning?**
4. **Do you wake up at the same time every morning?**
5. **Do you suffer insomnia, trouble getting to sleep, or waking often in the night?**
6. **List the areas of your life that you feel are depleting you or might be draining you of energy?**
7. **What period of the day do you typically feel most energetic?**
8. **Do you find it difficult to relax and wind down?**