Coaching Consultation Form

Name:

Phone Number:

Email:

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| Type of Athlete and Ability Level: (runner, triathlete etc., and current pacing level) |
| History of Endurance Sports: |
| Goals and Ambitions: |
| Self-Assessed Strengths and Weaknesses: |
| Availability for Training: (how much time in a week you can spend training) |
| Past Plans and Coaching History: |
| Reason for interest in a Coach: |
| Are you looking for a customized plan or a more self-guided approach? |

Date and Time for Scheduled Zoom session: