



# TNT TRAINING QUESTIONNAIRE

Please fill out on a desktop or laptop computer. Links and fields will not be functional on mobile devices.

NAME:

EMAIL:

1) What event and distance did you sign up for?

2) Will this be your first endurance event? If not, what have you completed? (# = how many participated in)

5K	#	Sprint Triathlon	#	Cycle, Century	#
10K	#	Olympic Triathlon	#	Hiking 1-Day (6 mi.+)	#
1/2 Marathon	#	1/2 Ironman	#	Hiking 1-Day (10 mi.+)	#
Marathon	#	Ironman	#	Hiking Multi-Day	#
Ultramarathon	#	Cycle 1/2 Century	#	Other	

3) If you are an experienced endurance athlete, do you need a customized training program or do you have your own?

4) What are your goals for the season?

5) How often do you exercise a week?	0-1 Days	1-2 Days	3-4 Days	4-5 Days	5-6 Days	6-7 Days
a. Are you currently exercising on a regular basis? How many hours per week?	0-2 Hours	2-4 Hours	4-6 Hours	6-8 Hours	8-12 Hours	12-15 Hours
b. How much time do you anticipate you will spend each week, on average, training for your sport?	0-2 Hours	2-4 Hours	4-6 Hours	6-8 Hours	8-12 Hours	12-15 Hours

**NOTE:** Please speak with your coach if you have any concerns regarding your training schedule or if you are recovering from any injuries that you think your coach should know about.

6) For Cycling:

- |  |     |    |
|--|-----|----|
| • Do you have a bike?  | Yes | No |
| • Are you comfortable riding on the road with traffic?   | Yes | No |
| • Have you had your bike professionally fit?   | Yes | No |
| • Do you know basic bike maintenance?<br>(e.g. changing a flat, cleaning your drivetrain/chain, inspecting your brakes and checking your air.) | Yes | No |

7) For Swimming:

- |  |     |    |
|--|-----|----|
| • Do you have access to a pool?  | Yes | No |
| • Do you have access to a lake and/or ocean to experience open-water swimming?<br><i>*Never swim in open-water alone!*</i> | Yes | No |

Please submit this form to your local Coach at this email: