

Bo Webster Triathlon Coaching Questionnaire

Date: _____

Name: _____

Address: _____

Phone: (Home) _____ (Cell) _____ (Work) _____

E-mail: _____

Occupation: _____ DOB: _____

USAT#: _____ Height: _____ Weight: _____

Gym Membership: (Y, Bally's, etc.): _____

Current hrs (or dist) per week of training

Swim: hr(s) _____ yds _____ Run: hr(s) _____ mi _____

Bike: hr(s) _____ mi _____ Other: hr(s) _____

List your best times (within 1 yr and lifetime) for the following distances (blanks are ok)

	Current (last 12 mos)		Lifetime	
	Time	Date	Time	Date
Swim: 100 yds				
500 yds				
1650 yds (1.5k)				
Bike: 10 mi				
24.8 mi (40k)				
100 mi				
Run: 1 mi				
6.2 mi (10k)				
26.2 mi				
Triathlons: Sprint				
Olympic				
Half-Ironman				
Ironman				
other				

Medical Conditions: _____

Current Medications: _____

Current or Recent Injuries: _____

Goals for near and long term: (For example: Complete a sprint tri , Improve my weak event, Finish St Anthony's in a particular time, Qualify for Ironman Hawaii.) _____