

## Questions for Endurance Training plans

NAME:

- 1) Main goal for the season / year?
- 2) Secondary goals:
- 3) Number of days per week and typically how long in average workout time. (Also time allowed for Long workout)
- 4) Physical or mental (just don't like doing it) limitations.
- 5) Favorite discipline?
- 6) Favorite workout?
- 7) The workout you like least but feel you need to do or do more of?
- 8) The workout that you would like to be able to do/complete once or regularly?
- 9) What if anything, do you, feel you need specifically from me to be successful?
- 10) Give me an idea of what days you typically can get out and for how long each day. Also where you maybe (home, forest preserve, barrington, club, etc...).
- 11) What if anything else I may need or want to know that I have not included.