

Now for the questions I need answered:

- 1) What is your weekly mileage?
- 2) How long have you been running this weekly mileage?
- 3) What is your typical long run?
- 4) How many times per week do you run?
- 5) Do you cross train? What do you do? How much? (# of times per week and # of hours)
- 6) How many years have you been running?
- 7) Have you had any reoccurring injuries? (Tell me about it and if you saw a professional and what they decided)
- 8) Have you been injured recently? (Tell me about it and if you saw a professional and what they decided)
- 9) What is your goal this year? (Both primary and secondary, ie...sub 3:30 marathon and to run a sub 20 min. 5K or to safely run 55 miles in one week, etc...)
- 10) Why do you want to do the track workouts? What do you want to accomplish?
- 11) Tell me your PR'S for the last two years. (You can include older ones if you think they are relevant. Don't worry if you don't have times for all of these):
 1. Marathon
 2. Half Marathon
 3. 15k
 4. 10k
 5. 8k
 6. 5k
 7. 1 mile

Feel free to email me at Bodyphysicstom@gmail.com with any questions. I look forward to meeting and working with new faces and can't wait to see those of you who have done track workouts with me over the last two years