**COACHING QUESTIONNAIRE – NICKY SPINKS**

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| **Personal Details & Contact Information** |
| Name: |  |
| E-mail: |  |
| Phone (incl. country code): |  |
| Skype: |  |
| Address: |  |
| Country: |  |
| Date of birth: |  |
| Height: |  |
| Weight: |  |
| Occupation: |  |
| **Running & Sports History** |
| How many years of running experience do you have in total? |  |
| Please describe your current running routine |  |
| Approximate average weekly miles, kilometres or hours. Is this the distance you would like to maintain or would you prefer more / less? |  |
| What is the length of your longest training run to date? |  |
| Do you have any past experience of other sports? If so, which sports? |  |
| Are you currently practising any other sports? If so, which sports? |  |
| **Goals with coaching and preferences** |
| What do you want to get out of the coaching? Do you have any specific goals / event? |  |
| How many days can you train per week? Which days are they and for how long can you train each of those days? |  |
| Is it possible for you to spend time / days in mountainous areas? What dates would be good for you to train in these hills in the next 10 weeks? |  |
| What “lifestyle commitments” are relevant for your ability to find time for running, recovery and sleep? |  |
| Please provide details of any races you have already entered – dates / website. |  |
| And are there any races that you haven’t entered but would like to? Please provide details – date / website? |  |
| Are you a member of a running club? If so, what training sessions do you attend regularly? |  |
| Do you use Strava/Movescount/Garmin Connect etc, and if so what is your identity name? |  |
| **Recent Performance / Fitness indicators** |
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| Please give details of the major races you have completed in the last 5 years:Write below here if necessary  | **Date** | **Race** | **Position /time** |
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| What (if anything) do you perceive as your strengths in regards to your target event? *(For example: good at climbing hills, mental toughness, able to pace evenly over long distances etc).* |  |
| What (if anything) do you perceive as your current weaknesses in regards to your target event? *(For example: getting nutrition right, may struggle on technical sections, general fitness, general inexperience etc).* |  |
| Are you aware of any technical improvements you can / want to make in regards to your running? |  |
| Please describe your Ultra race experience, and progression to date. |  |
| **Health & Medical Information** |
| Have you had any injuries in the past five years? How did the injury occur and how did you treat it?Does it affect your training now? |  |
| Do you have any medical conditions such as asthma, hayfever or anything else that affects your ability to train consistently? |  |
| **Other information:** |
| If you have any other information not covered above or any particular topics of interest you would like to discuss or get advice on, please insert below. |
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