

# Add Activity Athlete Profile

(Please complete as much information as possible)

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Gender M \_\_\_\_\_ F \_\_\_\_\_

Height (inches) \_\_\_\_\_ Weight (pounds) \_\_\_\_\_

Do you have any medical conditions that could or may inhibit you while training?

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Are you under the care of a doctor at present for any health (mental or physical) concerns?

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Do you have any health issues? (Please include past and present issues)

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Do you currently take any medication, if so for what?

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Any injuries in the past couple of years?

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Treatment for the injuries?

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What injuries or limitations on your training are you experiencing now?

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***Level of triathlon experience (please underline)***

Beginner- looking to learn the basics

Intermediate – interested in further developing acquired skills

Expert – already fast and efficient, want to take it to the next level and win races consistently

2009 Race Goal(s)

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Why?

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Secondary Goals for 2009

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Why?

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Long Term Goals (for the next 3-5 years – Dream big!)

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**Best Triathlon/Duathlon**

<u>Race</u>	<u>Distance</u>	<u>Time</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____

**Swim ability – please check one**

No formal training \_\_\_\_\_ Swim lessons \_\_\_\_\_ Belong to a swim Club \_\_\_\_\_

I swim \_\_\_\_\_ times a week I can swim \_\_\_\_\_ Metres without a break

100M Swim time (if you have one) \_\_\_\_\_

**Cycling Experience**

Very little \_\_\_\_ Intermediate - comfortable on bike \_\_\_\_ Advanced – Lance-like \_\_\_\_

Distance you typically cover in a workout \_\_\_\_\_

What’s the farthest you feel you can or will be able to ride during a 1 hour ride \_\_\_\_\_

Average speed maintained on a training ride of up to 1 hour \_\_\_\_\_

**Running Experience**

I hate running \_\_\_\_\_ I run regularly \_\_\_\_ Advanced – Part Gazelle \_\_\_\_\_

Distance you typically cover in a workout. \_\_\_\_\_

Best 1k, 5k or 10k run time (if you have one) \_\_\_\_\_

Is there anything you really want to learn or improve while you are a member of Add Activity Triathlon Club?

I give permission for my picture/s to be added to the Add Activity Website for promotional use.

Signature \_\_\_\_\_

Printed Name & Date \_\_\_\_\_