



## Welcome to skatEtrain!

This following information is important for helping me find out everything I need to know about you, your athletic background, your training habits, your goals, your race calendar and your familiarity with general training concepts and methods. The more familiar I am with you, the better I will be able to maximize your training time and develop the most effective program possible.

Please fill out these pages as accurately and as completely as possible. If you need more space, feel free to include additional information in a separate document. If you have any questions or concerns, please don't hesitate to ask. Once completed, please forward this document to me by email, along with your completed goal sheet and athlete signed agreement.

## Biographical Information

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### Personal Information

Name:

Age:

Height

Weight

Home/Mailing Address:

Street

City

State/Province

Country

Postal Code

Home Phone:

Work Phone:

e-mail @ home:

e-mail @ work:

Internet Access? (yes/no):

Home

Work

## **Case History:**

Briefly describe your athletic background:

How many years have you been skating?                      Competing?

Would you consider yourself:    Novice    Intermediate    Advanced    Elite

Do you skate mostly indoors or outdoors?                      If both, Indoors \_\_\_% Outdoors \_\_\_%

If you skate indoors, please tell me the beginning and ending of your indoor season, as well as the presence of any competitions.

Do you currently skate with a club Y / N ?    Do you train mostly by *yourself*, or with *others*?

If you have existing commitments to training with a club, please specify the day/date and any other useful information.

Are there any days of the week that you can not train?    Are there some days that are your only days for training?    Please provide as much info about your schedule (work, family, etc) as possible.

Assuming you compete, how many times per year do you race ?

If possible, please provide both your personal best, and "average" racing times    e.g. 22:00 10 km

10 km	PB:	usual time:
20 km	PB:	usual time:
42 km	PB:	usual time:
Other ___ km	PB:	usual time:

Sprint Distances:

300m:

500m:

1,000m:

1,500m:

Have you ever received formal instruction/coaching on a regular basis    Yes / No

If yes, please describe:

Please list any past or current injuries (strains, sprains, fractures, major surgeries, or any other health concern relating to your ability to undergo rigorous physical training).

When was your last regular medical check-up/physical?

Do you have any history of injury that may be aggravated by a rigorous training ?

### **Individual Specifications:**

Please tell me your main training-related goals for the 2005 season e.g. skate 10 km under 20:00, place in the top 10 at a certain race, complete Athens to Atlanta, etc.:

- 1)
- 2)
- 3)

What do you think are your strengths as a skater? (e.g. good sprint speed, good at race tactics).

- 1)
- 2)
- 3)

What do you think are your primary weaknesses, or barriers to success? (e.g. poor endurance at the end of a race, low leg speed or sprint ability, mental barriers).

- 1)
- 2)
- 3)

How many days a week do you currently train?

1-2                      3-4                      5-6

How long is your typical workout?

<1 hour                      1-2 hours                      2+ hours

How many days per week can you commit to training ? \_\_\_\_\_ Workout length \_\_\_\_\_

## **Program-Specific Information**

A good program must fluctuate in volume and intensity over the season to provide gradual adaptation in performance ability. These factors can be strategically structured so that peak performance occurs at the desired time. Are there any events and or dates you would like to "peak" for? Please describe:

What do you think the 3 most important aspects of your training program should be?

In your past training experience, have there been any things that you feel work especially well for you? e.g. minimum 3 days rest between hard workouts, no more than 3 consecutive training days in a row, etc.

In your past training experience, have there been any things that you feel do not work with you you? i.e. any training mistakes you have made in the past. e.g. tendency to overtrain, don't push yourself hard enough, etc.

How would describe your present physical condition?

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Please list the dates of any and all events, training camps, or other activities that need to be taken into account when developing your program (if possible, please attach your event schedule for winter/spring).

Also, be sure to indicate the relative importance of each event.

***Slideboard (e-performance program only)***

Do you own a slideboard?

If not, are you prepared to buy/build one?

If yes, what is your level of skill/experience with slideboard skating?

Do you want slideboard workouts to be included as part of your program

***Plyometrics (e-performance program only)***

What is your level of familiarity with plyometric exercise (none, a little, a lot?):

Have you ever been taught how to perform skate-specific plyometric exercises?

Do you have a copy of my book, Speed on Skates?

Do you want plyo workouts to be included as part of your program?

Please indicate with a Y or N whether you are familiar with the following exercises:

*45 Skate leaps*

*Leg switch forward*

*Leg switch side*

*Crossover bounding*

*Bench jumps*

***Dryland Exercises***

Have you ever received dryland skating instruction?

What is your level of comfort/experience with dryland skating?

The more I can find out about you, your experience, and what you want to achieve with your program the better able I am to design a program that is optimal for you. Please feel free to use this page to write additional information.