

## Running Background Information

Name - \_\_\_\_\_

Age - \_\_\_\_\_

School - \_\_\_\_\_

Coach - \_\_\_\_\_

Number of years you have been running competitively - \_\_\_\_\_

Best Times: 800m - \_\_\_\_\_ Mile - \_\_\_\_\_ 2 Mile - \_\_\_\_\_ 5K - \_\_\_\_\_

Other best distances and times - \_\_\_\_\_

Please approximate the following:

Present training mileage in average miles per day - \_\_\_\_\_

Highest mileage week you have ever run - \_\_\_\_\_

Longest run you have ever run - \_\_\_\_\_

Camp Group that you intend to train with most often:

\_\_\_\_\_ Lower Mileage (5 - 7 miles per day)

\_\_\_\_\_ Intermediate Mileage (6 - 10 miles per day)

\_\_\_\_\_ Highest Mileage (8 - 12 miles per day)

Injury History - Please list any running related injuries that you have had and when you had them. Make special note of any injuries that are current and may affect your training at camp:

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Please write below any comments that people who watch you run say that you need to work on (e.g. form problems, race strategy, training errors, etc.):

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