

Track Workouts
South Riding Running Club

Please answer the following questions:

1. Name and age:
2. Years running:
3. How many miles do you run per week:
4. Do you currently do any speed workouts? If yes, what do you do?
5. Do you do any cross-training? If yes, how often and how much?
6. Have you raced in the last year? If yes, please list your best time for:
 - 5k
 - 10k
 - 10 miler
 - Half Marathon
 - Marathon
7. Are you training for a specific race (please list the name and date of the race)? If yes, what is your goal time?
8. What are some other goals you want to reach by doing track workouts?
9. Do you have any medical conditions that we should be aware of (asthma, etc)?