



Rogue Team 2008 – Bio/questionnaire

Running the Marathon or Half Marathon?

1. Why _____

2. What anticipated conflicts- work, travel –etc do you have that may hinder your ability to get the workouts of the program done?
3. What is your marathon (if applicable) PR _____
4. What is your half marathon PR _____
5. What have you been doing fitness-wise for the last 3-4 months? *I am looking to know if you are a little behind the curve or if you are coming into the program tired from other things.* _____

6. Give me a brief on your injury history, included areas you are most concerned about given the intensity/duration of the training program. _____

7. Do you have access to cross training, what are your cross training plans? _____

8. Do you own a TP massage roller kit? Y/N
9. What are your goals for this program?
 - a. Time goal _____, how realistic do you think that time is?
 - b. Other goals: _____

10. Indicate the highest weekly mileage you did in your last season. _____ What would be the top mileage you think you would like to do? _____