

## Runner's Questionnaire



1. How long have you been running? \_\_\_\_\_
2. Running interest: (check all that apply):
  - Fitness and fun
  - Recreational and social
  - Multisport
  - Racing for improved performance
  - Racing for awards (overall, age group, BQ, etc.)
3. Would you consider yourself a: Novice or Experienced runner (circle one)
4. Race experience: (circle one) None      Novice      Experienced
5. What is your most recent race result? \_\_\_\_\_
6. Running Personal best:

Distance:	Pace:
Mile/1500	
5k	
10k	
Half Marathon	
Marathon	

7. Have you ever done speed workouts, interval training, or effort sessions? Yes or no
8. What are your training paces for the following:

Distance:	Pace:
Mile Repeats	
Mid-distance run/tempo run	
Long run	
Easy run	
I always run the same pace:	

9. What is your normal weekly mileage? \_\_\_\_\_
10. What is the most mileage you have done in one week? \_\_\_\_\_
11. What is your weekly mileage for the last 3 weeks? \_\_\_\_\_
12. Do you cross train? If so, what type of exercise?  
\_\_\_\_\_
13. Are you training for a race? \_\_\_\_\_
14. What is your goal? \_\_\_\_\_
15. Are you following a plan, if so, from whom/where?? \_\_\_\_\_
16. Have you recently changed running shoes? \_\_\_\_\_

17. What is your usual running shoe? \_\_\_\_\_
18. Have you recently changed running surfaces? Where do you run?  
\_\_\_\_\_
19. Is your pain present during the run, if so when does it start? \_\_\_\_\_
20. Rate your pain during the run out of a 10-point scale: At best: \_\_\_\_\_, At worst: \_\_\_\_\_
21. Does it get worse, better, or stay the same throughout the run? \_\_\_\_\_
22. Does it continue to hurt after the run? If so, for how long? \_\_\_\_\_
23. Do you have pain on non-running days? \_\_\_\_\_
24. Do you have pain with cross training? If so, with which type? \_\_\_\_\_
25. What running injuries have you had in the past? \_\_\_\_\_

Comments or details:

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