



When completing this form, please be sure to answer each question to the best of your ability. The more information you provide, the more tailored your training plan will be for your specific needs and running goals. Thanks!

Name:

E-mail:

Birth Date:

Gender:

Number of years running:

How did you first learn about McMillan Running?

- Internet Search, Strava, McMillan Running Calculator, Friend, Running Forum, Generation UCan

Other (please specify):

Have you previously trained with a McMillan Running?

YOUR TRAINING AND RACING GOALS

What is your target goal race and goal time for that race for this training plan?

Please list other races that you would like to include within your training cycle:

Table with 3 columns: Race Name, Distance, Race Date (Month/Day/Year)

## TRAINING HISTORY

Please give an overview of your last 8 weeks of running, with your most recent week first:  
(running workouts only)

Weekly Volume (Mi/KM)	Long Run Length	Specific Running Workout Details	Races & Race Times

Please describe your typical running week: (running workouts only)

Day	Distance & Duration	Workout Description	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Average weekly running volume (please specify miles or kilometers):**

Last 10 weeks:

Maximum running volume:

**Average number of weekly running sessions:**

Last 10 weeks:

Maximum number of running sessions per week:

**Average running pace for the following (specify minutes-per-mile or per-kilo):**

Easy Runs (Conversational Pace):

Moderate Runs (Tempo Effort):

Hard Runs (Intervals of 1 mile or less):

Do you prefer your workouts listed in Miles or Kilometers or Time?

## TRAINING DETAILS

What days of the week do you normally run hard/specific running workouts?

How many days off from running do you take each week?

What days of the week do you normally take off from running?

What day of the week do you complete your long run?

What is the farthest you have run in a single long run in training?

Do you have access to hills?

Do you have access to a treadmill?

### Strengths/Weaknesses:

What is your favorite "hard" running workout?

What is your least favorite "hard" running workout?

### Running-related Injuries

Please describe any running-related injuries you have had and whether you are still affected by the injury (include type of injury, date, possible cause, how long it lasted, rehab routine, etc.):

### Other exercise:

Please describe in detail any other supplemental types of exercise (ElliptiGO, cycling, swimming, weight training, Yoga) that you regularly perform as a part of your overall fitness or training program as well as the days that you complete those exercises:

## RACING HISTORY

List your best performances in the *last 12 months*:

Distance	Time	Year	Race Name
Half-Mile/800m			
Mile/1500m			
2-Mile/3000m			
5K			
10K			
½ Marathon			
Marathon			

**Please list dates of travel, vacation or any other activity that will limit training. Your plan can then be adjusted for these special day(s).**

<b>Travel Type</b>	<b>Dates (Month/Day/Year)</b>	<b>Limitations on Running</b>

### **OCCUPATION**

Does your job require a lot of travel?

Would you describe your job as high stress or low stress?

On a scale of 1 to 10, how fatigued do you feel after a day of work?

### **For Ultrarunners Only**

Number of years running ultras:

Number of ultras you've completed:

Do you have access to trails and/or terrain that is similar to your ultra racing goal? Briefly describe what you have available.

Personal Records:

50K

50M

100K

100M

Other:

Fastest Time in the past 12 months:

50K

50M

100K

100M

Other:

**Please provide any other information that might be helpful in analyzing your needs and developing a personalized training and racing schedule (i.e., your ability to race; your ability to handle certain types of training; things that have worked well for you in the past, etc.) Also, please include any comments about your long-term running goals:**

### **Agreement to use McMillan Running, Inc. Coaching Service and Waive Liability**

I voluntarily choose to utilize the personal coaching services of McMillan Running LLC. in order to improve my training and racing. I understand that the training philosophy of McMillan Running LLC. is to very gradually and scientifically increase my ability to train and race more effectively. I also understand that this training philosophy may create certain potential risks such as abnormalities in my blood pressure, breathing, heart rate, and/or muscular-skeletal system that cannot be predicted with complete accuracy. I understand that I am responsible for monitoring my own condition throughout the training program developed by these personal coaching services which I have chosen and agreed to undertake, and should any unusual symptoms or conditions occur, I will immediately cease following the training program and inform my coach of the symptoms or condition. In stating that I agree to this agreement and waiver of liability, I acknowledge that I have read this form in its entirety and that I understand the potential risks associated with these training and coaching services. I also agree to consult with and obtain written permission from my primary care physician prior to undertaking this new training program. If I do not consult with and obtain permission from my primary care physician, I accept any and all consequences that may result from this inaction on my part. Finally, in consideration for being allowed to participate and choosing to engage in this training program, I agree to assume the risks of such training, and further agree to hold harmless McMillan Running and its affiliates, officers, agents, representatives, employees, partners and licensors harmless from any and all claims, suits, losses, and/or related causes of actions and damages, including, but not limited to, such claims that may result from my injury or death, accidental or otherwise, during or arising in any way from, these personal coaching services.

**Returning this questionnaire indicates that you have read, understand and agree to the above Agreement.**

### **NEXT STEPS**

Please email your completed form to [coachgreg@mcmillanrunning.com](mailto:coachgreg@mcmillanrunning.com).