

Complete this form as fully as you can before your programme is built. Save it to your device first and use a PDF reader. Save and reopen to check your answers before sending. Use Fill & Sign for signatures, or print and sign by hand.

Full name

Date of birth (DD/MM/YYYY)

Home address

Email address

Mobile number

Occupation

Time zone

Emergency contact name

Relationship

Emergency contact number

Onboarding coach

Preferred coaching package

Ideal starting date (DD/MM/YYYY)

Tick each distance and terrain combination you race or want to target this season.

5km

Road

Off-Road / Trail

10km

Road

Off-Road / Trail

Half-Marathon

Road

Off-Road / Trail

Marathon

Road

Off-Road / Trail

Ultra

Road

Off-Road / Trail

Ultra / other event details (distance, multi-day, etc.)

Years running

Current weekly mileage (specify km/miles)

Current weekly training days

Current or previous coach (if any)

Experience

Running background, clubs, cross country and achievements

Main goal for the next 3-6 months

Main goal for the next 12 months

What would make coaching successful for you?

Recent personal bests

Distance	Event	Date	Time
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Target events this season

A = main goal; B = important supporting event; C = experience or practice.

Priority	Event	Distance	Terrain	Date	Goal
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Would you like help choosing an event?

Typical weekly training hours available

Days per week available to train

For each day, enter your available time windows and any session constraints.

Monday availability

Tuesday availability

Wednesday availability

Thursday availability

Friday availability

Saturday availability

Sunday availability

Preferred long-session day

Preferred training times

Do your available training times vary each week?

Work pattern / shift considerations

Regular work travel? (Yes/No and details)

Other commitments affecting training (family, caring, other sports, etc.)

Run shoe rotation

GPS watch

Treadmill access

Trail / off-road access

Strength training access (gym/home)

Current running shoe model(s)

Other facilities / equipment available

Heart-rate monitor

Gym

Home strength kit

Training platforms used (tick all that apply)

RunDot

TriDot

TrainingPeaks

Garmin Connect

Strava

Zwift

None yet

Other equipment, access limitations or platform details

Preferred contact method

Email

WhatsApp

Phone call

Video call

RunDot App

Training platform

Best days / times for an onboarding or coaching call

Feedback style

What helps you stay consistent?

Where would you most like coaching support?

Training structure

Technique

Race preparation

Pacing

Confidence

Consistency

Understanding data

Anything else about communication or coaching we should know?

Health screening

Complete the separate PAR-Q before your first coached session. These completed forms go directly to your coach by email, not to HubSpot.

PAR-Q status (select one)

Completed - attached

To follow

Current or recent injuries relevant to training (or refer to your PAR-Q)

I confirm the information provided above is accurate to the best of my knowledge, and that I am voluntarily undertaking a coached training programme with Precision Coaching.

Print name

Athlete date (DD/MM/YYYY)

Coach date (DD/MM/YYYY)

Athlete signature (Fill & Sign or handwritten)

Coach signature (Precision Coaching)