

TREK-FIT

## *Endurance based walking courses & services*

### Current Training Status

Please complete the following as fully as possible:

1. Number of days training per week
2. Number of days running per week
3. Number of days walking per week
4. Total mileage per week-running  
-walking
5. Longest run to date :                      when?                      Time?
6. Longest walk to date :                      when?                      Time?
7. Type of running session-Easy  
-Steady  
-Tempo  
-VO2
8. Current resting heart rate
9. Maximum heart rate (if known)
10. What type of terrain do you train on
11. Have you been to altitude/how high
12. Do you cross train, if so how

Please detail here any existing training/fitness concerns such as; injuries (existing or previous), health status ( current or recent illness) or any other information relevant to any training regime, such as any disability and/or chronic conditions.



#### TREK-FIT

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NAME:

ADDRESS:

OCCUPATION:

TELEPHONE No:

E-mail:

D.O.B:

Male/female:

Height:

Weight:

SIGNED:

DATE: