



Name: _____

Are you training for a specific race? If so, what race? _____

Have you run a race of this distance before? Y / N
If so, when/where/BEST finish time? _____

What is your Why? What motivates you? _____

What inspired you run the race in the first place? _____

What motivates you (where does your motivation come from to cross the finish line?)

What is your time goal? _____

Other goals or expectations you have: _____

What is the longest run (in miles) you've done this year? _____

What pace per mile do you run for easy days _____ and long runs: _____

Note: it's okay if these are the same answer

List your last three races you've run...

<u>Date</u>	<u>Race Name</u>	<u>Distance</u>	<u>Finishing Time</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____