

## HB RACE READY QUESTIONNAIRE:



**1. Which options best describes your running experience?**

- A) You're new to running. You might be walk/running or running less than 20km a week. This will be your first half marathon.
- B) You're relatively new to running but can sustain a run for over 45 min and consistently run at least 3 days a week. You may or may not have ran a half marathon.
- C) You've ran a few races, including a half. Your comfortable running 4+ days a week and would like to work on adding in some speed and improve your race time.

**2. What is your current mileage a week? \_\_\_\_\_ km**

**3. How many days are you currently running a week? \_\_\_\_\_**

**4. What is the most mileage you've ever ran in a week? \_\_\_\_\_ km**

**5. Do you currently have a long run? Y / N**

- If so how far? \_\_\_\_\_

**6. Are you currently doing any speed workouts? Y/ N**

**7. Are you returning from an injury or have you had any persistent injuries in the past? Y/N**

Please describe:

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**8. Are you currently strength training? Y/N \_\_\_\_\_ How many days a week? \_\_\_\_\_**

**9. Are you currently cross training? Y/N \_\_\_\_\_ How many days a week? \_\_\_\_\_**

**10. Is there anything else you want to share or have concerns about?**

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