

Tuscaloosa Triathletes **T²** Training Questionnaire

Your Name _____

This questionnaire's purpose is to determine commonalities for planning group training. Just answer the parts that apply to you.

For which distance(s) of triathlon are you training for 2006? (circle all that might apply)
Short/Sprint - Intermediate/Intl/Olympic - Half/LongCourse - Full/Ultra

At which discipline are you the most proficient? Swim Bike Run

At which discipline are you the least proficient? Swim Bike Run

Are you interested in training with a group? Yes or No

Are you willing to help others train? Yes or No In which discipline(s)? Swim Bike Run

What group training activities most interest you? (circle as many as apply)
SWIM – BIKE – RUN – SWIM/BIKE bricks – BIKE/RUN bricks – SWIM/BIKE/RUN bricks

Are you interested in organized open water swim training? Yes or No

Are you interested in doing practice triathlons with the club? Yes or No

What group training activities interest you? (circle as many as apply)
Swim Bike Run Swim/Bike bricks Bike/Run bricks Swim/Bike/Run bricks

Are you interested in organized open water swim training? Yes or No

Are you interested in doing practice triathlons with the club? Yes or No

Identify one or a few specific triathlons that you want to target as high priority for 2006. Please include date and distance info, if you know it.

Do you have any specific group training ideas or suggestions for the club?

The back side of this page asks for current and desired training info. Its only purpose is to identify possible common workout times and such for group training.

What is your current **typical** training schedule? (please describe Swim/Bike/Run/other, location (pool, open road, trainer, etc), distance, time, etc. or other appropriate detail)

	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5am							
6							
7							
8							
9							
10							
11							
12pm							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

What is your **desired** training schedule? (days/times, disciplines, places, whatever, etc.)

	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5am							
6							
7							
8							
9							
10							
11							
12pm							
1							
2							
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