

Durance Cycleworks Initial Interview

Please print this document and fill it out as best as you can. Send it in with your Coaching Agreement. The Durance Cycleworks Coaching Staff is not looking for any particular answers. We just want to know a lot about you. If you have any questions, please call us at 208-726-7693 or email durance@durance.com.

All information is strictly confidential.

I. Personal Information

First Name:

Middle Initial:

Last Name:

Nickname:

Phone Numbers: Home:

Work:

Fax Number

Email:

Street Address:

City:

State:

Zip:

Date of Birth:

Height:

Weight:

Occupation:

Married: Yes No Name of Spouse:

Where did you hear about the Durance Cycleworks Coaching Program?

II. Physiology:

We understand that many of you will not have all of the information requested here. Again, we are looking for what you do know about yourself. Don't feel like you need to fill all of this out.

Resting Heart Rate:

Lactate Threshold Heart Rate:

Maximum Heart Rate:

Lactate Threshold Power:

Maximum Power:

VO₂ Max:

%Body Fat:

Was the preceding information collected personally, using an SRM, or was the information collected at a Human Performance Lab?

If the information was collected at a Human Performance Lab, please list the name of the Lab, Location, phone number, mailing address, and technician at the Lab:

Average Time Trial Heart Rate and Power(for either a 20K or 40K) in the last six months:

Average Road Race/Criterium Heart Rate and Power (within the last six months):

Average Mountain Bike Race Heart Rate and Power (within the last six months):

Average Century/Group ride Heart Rate and Power (within the last six months):

III. Training History:

What is your history with endurance sports:

How long have you done the preceding sports?

Do you currently race bicycles?

Yes, No, Sometimes, Rarely, Never

What Racing Events do you compete in Most Often? And Percentage?

Road Races

Time Trails:

Criteriums:

Cyclocross:

Mountain Bike Races:

Track Races:

Triathlons:

If you do not race, or have not, do you participate in organized cycling events?

Yes

No

Sometimes

Never

What events did you participate in the last 6 months?

Century rides

Multi-day bike tours

50 to 100 mile group rides

20 to 50 mile group rides

What is your Personal Record (PR) for the following?

12 miles/20K:

25 miles/40K:

Number of years and/or months you have been racing?

Number of years/and or months you have been training on a bike?

Number of races you raced in last year?

Number of races you would like to do in the next six months?

Approximate number of hours that you trained last year?

Approximate number of hours that you trained the year before last?

Do you have any previous year's training logs? If yes, would you please send them to us.

Approximate number of hours that you train a week?

Greatest amount of hours that you trained in one week last year?

How many hours can you train in a day?

How many hours can you train in a week

Are there any days of the week when you cannot train?

Which ones?

Why?

Do you or have you weight trained?

What are your cycling strengths?

What are your cycling weaknesses?

Have you ever had a coach before?

If so, what was his/her name?

Address:

Phone number:

May we contact him or her?

Do you participate in or would you like to participate in weekly training races?

If so, when do they start (the month) and how long do they run, and on what day do they occur?

How often do you want to participate in them?

Do you participate in group rides?

If so, how often, and on what day(s) do you participate?

Do you like the companionship of the club/group ride?

Please describe your typical week of training for the following:

Winter:

Spring:

Summer:

Fall:

I have the following options for training terrain:

Flats: How long (miles)?

Rolling hills: How long(miles)?

Long Climbs: How long(miles)?

Short Steep Hills: How long(minutes)?

Why do you race and or train?

What are your goals for this season?

What are your goals for next season?

What are your cycling career goals?

IV. Equipment

What brand, model and size road bike do you own?

What brand, model and size mountain bike do you own?

What brand, model and size track bike do you own?

What brand, model and size time trial bike do you own?

What brand, model and size cyclocross bike do you own?

Do you currently own racing and/or lightweight wheels?

What Brand, model, and year produced?

If you own a disc wheel, what brand, model, and year is it?

I have the following:

Heart Rate Monitor: Brand: Model:

Power Meter: Brand: Model:

Indoor trainer: Brand: Model:

Rollers: Brand: Model:

Downloadable HR monitor: Brand: Model:

Do you currently take sports supplements, i.e. vitamins?

Brand:

Why?

How often?

Do you currently drink a sports drink before, during, or after training or racing?

Brand:

Frequency

Why?

Do you currently eat a sports bar before, during, or after training or racing?

Brand:

Frequency:

Why?

V. Personal Goals:

What are your racing goals for the next 6 to 12 months? (List top five in order, with corresponding date)

1.

2.

3.

4.

5.

What are your training goals (improvements in performance) for the next 6 to 12 months? (List top five in order)

1.

2.

3.

4.

5.

What do you think you can do to physically help yourself reach these goals?

What do you think you can do technically to help yourself reach these goals?

What do you think you can do mentally to help yourself reach these goals?

What do you think you can do tactically to help yourself reach these goals?

What are your long-term goals for the next three years?

Will or does your spouse and/or parents support your short and long term goals?

What sacrifices are you willing to make to reach your goals?

Train harder or more or better?

Rest more?

Buy Better equipment?

Take some time off work for training, racing and/or resting?

Take time from your relationship for training, racing and/racing?

Other?

VI. Coaching

What do you expect from a cycling coach?

Training programs

Help with racing strategies

Nutrition

Motivation

Equipment selection

Goal development

Confidence

Others?

What form of communication do you want from the Durance Cycleworks Coaching Staff?

Is there anything that we have missed?

Please send us this form, along with the Personal Coaching Services Agreement. We would also like photos, preferably in digital format of you riding, and a headshot.

Thanks.

The Durance Cycleworks Coaching Staff

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