



PEAKS Personalized Training Plan Intake Form

The following form was created to help me be as thorough as possible in creating a personalized, pre-set training plan for individuals that want to train for a certain race distance over a set period of time. Training plan options are listed below along with specific pricing packages. You may either print out the document, fill out the questions on the lines provided for you and email it back to me at antoniosierra2203@gmail.com, or copy the template into a word document and use the space to write out your answers. The more information you can give me the better! If there are any questions, do not hesitate to contact me.

Happy Running,

Antonio Sierra, D.P.M.

A. Background and Training-Related Questions

1) Name: _____

2) Age: _____

3) Phone Number: _____

4) Email Address: _____

5) Which training plan would you like to be personalized for you?

8-Week 5k Plan (\$150) ☐ 12-Week 5k Plan (\$200) ☐ 12-Week 10k Plan (\$200) ☐
16-Week Half-Marathon Plan (\$275) ☐ 20-Week Marathon Plan (\$350) ☐

6) Are you new to running?

Yes ☐ No ☐

7) If you're not a new runner, how long have you been running long distances consistently (at least 2-3 miles daily 2-3x per week)?

8) What race distances have you previously completed?

9) What are your previous race PRs?

a. Mile: _____

b. 5k: _____

c. 10k: _____

d. Half-Marathon: _____

e. Marathon: _____

f. Other: _____

10) Have you ever had a running coach in the past or used any other training plans? If yes, which ones?

11) What kinds of runs or workouts did your training consist of during previous training cycles?

12) What kinds of runs, if any, do you feel were lacking during previous training cycles?

13) What is the most number of miles you've run in a week in the past? What number of miles/week have you generally felt comfortable training at in the past?

14) How many days have you run per week in the past? How many days do you feel comfortable training per week?

15) Do you have any previous running-related injuries or surgeries in general? Please list the following and the year they occurred:

16) Do you have any underlying health conditions that impact the amount or intensity level of the activities that you do?

17) Do you have access to any strength training or cross-training modalities (bike, elliptical, pool, etc.)? Please list any of the following that are applicable below:

B. Lifestyle Questions

18) Do you have a family? _____

19) What do you do for work?

20) How many hours per week do you work? _____

21) Are there days that are best for you to train? Days that don't work for you to train?

22) How would you describe yourself as a runner?

- a. Run for fun primarily ☐
- b. Run for social reasons ☐
- c. Run to be competitive against other runners ☐
- d. Primarily aim to be competitive with myself and strive to fulfill my own potential ☐
- e. Run to earn Boston qualifiers, win races, earn Olympic trials qualifiers (i.e. you take training quite seriously) ☐
- f. Other:

23) Is there anything else I should know about you that was not asked about previously?

*If I feel there is any information missing that would help me in creating a plan for me, I will reach out to the email listed above. So don't stress!"