

Profile Form for

Wicked Running Club Track Program with Fernando Braz

The profile form will assist in designing training and establish proper grouping at the workout site. Please complete the form and forward at your earliest convenience.

Fbraz@aol.com.

Name: _____

Gender: ____ Age: ____ Phone (optional): _____

Email: _____

Goal for workout program: _____

Is this your 1st time participating in formal track training? ____

If you have participated in races, what are your best performance(s)?

5k: _____ 5 mile: _____ 10k: _____ 10 Miler: _____

13.1: _____ Marathon: _____ Ultra: _____

If you have not participated in races but want to, do you have a goal in the following distances? It can be to just finish or time specific.

5k: _____ 5 mile: _____ 10k: _____ 10 Miler: _____

13.1: _____ Marathon: _____ Ultra: _____

If applicable, what is your favorite workout? _____

If applicable, what is your least favorite workout? _____

Current Injuries/Health: _____

Additional Information: _____
