**2019 MD Squad: Quick Questionnaire about training**

**General information**

1. Name:
2. DOB:
3. Preferred training location (mark as many as you want)

* Paddington track……………………………………
* Battersea park/track……………………………………
* Mile End/Victoria Park……………………………………
* Hyde Park……………………………………
* Others? ……………………………………

1. Personal bests (Could you also include when you got them (year, race, etc.))
   * 800m……………………………………
   * 1500m……………………………………
   * Mile……………………………………
   * 3000m/3k……………………………………
   * 5000m/5k……………………………………
   * 10000m/10k……………………………………

**Future goals and races**

1. Why have you joined the MD squad? What would you like to achieve by taking part to it?
2. Have you already entered (or are planning to enter) any race in the rest of 2018 and for 2019?
3. Which races would you like to focus on in the period October 2018 to July 2019 (can be different type of races for different periods)

**Past training and recent running history**

1. Can you give me an example of your current training week? How does your weekly training schedule look like currently?
2. Which are your three longest long runs in the last two months? When did you do them?
3. What has been your peak mileage per week in the past two-three months?
4. How many miles are you currently running per week?
5. Have you competed in T&F before? Which events and when was it?
6. Do you do any other cross-training (e.g. cycling, swimming, circuits, strength&conditioning, pilates, yoga, etc.)?
7. How many days do you want to run every week in preparation to your target races? And how much mileage (if known)?
8. Any recurrent injury or niggle?