

Training questionnaire



How many years have you been practicing running? years

Average weekly distance (previous 12 months) kilometers

Number of sessions per week

ID number

Time spent on running per week minutes

Average running speed min/km

Surface (percent) hard (asphalt, tartan, treadmill)
 medium (gravel)
 soft (grass, forest soil)

Personal best

10km
 Half marathon
 Marathon

Number of competitions

10km
 Half marathon
 Marathon

Training

2 days ago (y/n) Pain?
 If yes: specify type of activity

1 day ago (y/n) Pain?
 If yes: specify type of activity

Shoes

#1 Brand and model	<input type="text"/>	km	<input type="text"/>	age	<input type="text"/>
#2 Brand and model	<input type="text"/>	km	<input type="text"/>	age	<input type="text"/>
#3 Brand and model	<input type="text"/>	km	<input type="text"/>	age	<input type="text"/>
#4 Brand and model	<input type="text"/>	km	<input type="text"/>	age	<input type="text"/>
#5 Brand and model	<input type="text"/>	km	<input type="text"/>	age	<input type="text"/>

Other physical training

#1 Type of activity	<input type="text"/>	frequency	<input type="text"/>	duration	<input type="text"/>
#2 Type of activity	<input type="text"/>	frequency	<input type="text"/>	duration	<input type="text"/>
#3 Type of activity	<input type="text"/>	frequency	<input type="text"/>	duration	<input type="text"/>