



**www.multisportcoach.co.nz**

**Neil Gellatly Multisport Coaching Services**

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Hi there.

To assist Neil in designing the most specific personalised structured training programme for you, can you please complete the following questions with as much detail as possible. Once complete either forward by email **or** print and post to the address beneath.

## Client vital details worksheet

Date:

Name:

Occupation:

Contact address:

Phone no.: Hm .....

Wk.....

Mb.....

E-mail:.....

Age: yrs ..... D.O.B: / / .

Height: cm .....

Weight: kg.....

Resting HR: bpm .....

Known max HR bpm .....

Sporting background:

Training history:

Racing history (including results i.e., places/times):

Target & Goals [Events/Races and target accomplishments]

- Long term target (major focus event):
  
- Short term targets (intermediate events you would like to compete in along the way):  
(please include event dates)

Work & family commitments:

Locality limitations present (i.e., with respect to having to travel some distance to the nearest hills to run/bike or waterway to paddle etc):

How many available hours can you possibly set aside for training in any given week:.....

Please outline your past daily/weekly training schedule (a typical week in your old training timetable):  
(Please also include any hours spent commuting to/from work by bike on appropriate days).

Monday .....  
Tuesday.....  
Wednesday .....  
Thursday .....  
Friday .....  
Saturday.....  
Sunday.....

How many hours a week are you currently training in each of your chosen sporting disciplines:

Run .....  
Tramp.....  
Road Bike .....  
Mountain Bike .....  
Kayak .....  
Gym (weights).....  
**Total = .....**

List any training/exercise habitual routines you may have (i.e., Mon/Friday Personal Trainer, Wednesday lunchtime Yoga class, Wednesday evening 5k fun run or spin class, Thursday Evening Kayak Club time-trail, Saturday morning Harrier Club pack run, Sunday morning local Bunch ride etc):

Identify your self perceived strengths and weaknesses:

Jot down any particular likes & dislikes that you have with respect to training (i.e., Training in the dark in winter).

Do you have any great plans in the near future? (i.e., Dates of work or pleasure vacations planned overseas; skills courses/guided trips booked etc):

List any must do's / things to sort out (i.e., fit out kayak, service bike, purchase new shoes, complete a Grade II course, sort out race nutrition plan etc):

Please note any past and present health related problems that restrict your training (i.e., medical issues, injury history etc):

Additional notes (i.e., vegetarian, visually impaired, disability)

How/where did you hear about/find information on my coaching services:

I.....(Please print name) here by authorise / contract Neil Gellatly to design a specific structured personalised training programme(s) for the sole purpose of my use. Upon receipt of any training information I will undertake to abide by all copyright laws and settle outstanding fees due in my name by the due date.

**Neil Gellatly**  
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