

RIDER PROFILE

This form concerns your personal details, your fitness and performance levels, and your aspirations as a rider. Have a crack at all the sections and be as honest and accurate as you can. These details are very important, as they will form the basis of your future training programmes.

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| Date of birth: | | |  | | Height: |  | cm | Current weight: |  | kg |
| Name: |  | | | | | | | | | |
| Address: | |  | | | | | | | | |
| Telephone | | | Mobile: |  | | | Home: |  | | |
| Email: |  | | | | | | | | | |

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| Briefly outline your work/study commitments: |
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| How do you feel about your current fitness level? (Circle your answer on the scale below.) | | | | | | | | | | | |
| Dissatisfied | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Satisfied |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| How do you feel about your current fitness level? (Circle your answer on the scale below.) | | | | | | | | | | | |
| Dissatisfied | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Satisfied |

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| Please give as much detail as you can about any form of medical or health condition that might influence your sporting performance, including any medications that you take on a regular basis: |
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**Section 2: Achievements and Ambitions**

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| Any cycling achievements over the last few seasons, like PBs for any standard distance events in which you have competed? |
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| Please outline any relevant details regarding your sporting (or not sporting) background. |
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| Please outline your ambition and motivation for your cycling. What do you want to get out of it? |
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| List your performance goals for the following periods. Try to be SMART i.e. I want to ride a sub 23 min 10 mile time trial by June 2019 or win the national road race champs, finish a sportive in under 6 hours etc. Don’t worry if you don’t know yet |
| Current season: |
|  |
| Next two years: |
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| What do you think are your greatest strengths and weaknesses are? |
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**Section 3: Coaching and Support Needs**

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| Ideally, what do you want a coach to do for you? |
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| Please provide the following details | | | |
| **Type of Support** | **Name** | **Contact Details** | **Level of Support** |
| Current coach? |  |  |  |
| Cycling Club? |  |  |  |
| Sponsors |  |  |  |
| Sports science support |  |  |  |

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| Describe the types of training you most enjoy and the ones you enjoy the least. |
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| Do your family supportive of your cycling? |
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| Equipment. Bike details. Do you use/have access to a turbo trainer, rollers, a heart rate monitor, a power meter etc? Do you have access to a computer/internet? |
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**Section 4: Current Training and records**

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| On average, expressed in hours, how much training do you do throughout the year? Include indoors (turbo, spin classes, gym) and outdoors on the bike. |
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| Have you kept a training diary and do you have up to date maximum heart rate or power data you use for training? If so, please give details. |
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**Section 5: Time available for training**

In a normal week, expressed in hours, how much time do you have realistically available to train? If you normal do a winter spin class or a regular club time trial, race or training session, please give details.

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|  | **Number of hours available** | **Comments on time available (e.g after work, early morning)** |
| **Monday** |  |  |
| **Tuesday** |  |  |
| **Wednesday** |  |  |
| **Thursday** |  |  |
| **Friday** |  |  |
| **Saturday** |  |  |
| **Sunday** |  |  |