

Rock Mountain Fitness
RUNNING DEVELOPMENT - Questionnaire



Name:

1. What are your running goals (e.g. complete ½ marathon in less than 2hrs, 400m in sub 60 sec, sub 40 10k, finish a 5k, lose weight, etc.)

2. What events have you done?

3. What events do you have planned?

4. What is your current mileage/kilometrage per week?

5. How long do you spend warming up before a run?

6. What warm-ups do you do?

7. What type of shoes do you use? How many pairs?

8. What is you target pace and current pace? min/mile or min/km

9. What injuries have you suffered? When?

The Perfect Kenyan Stride:

<http://youtu.be/xX36rgGhPWo>

Dennis is a relatively short 1.71m. Watch how he manages to circulate the heel and calve underneath the hip. He spends minimal time in contact with the ground – this in turn can reduce lower limb injury. Though it will tire out the calf/Achilles complex.

10. What do you see?
