

RUNNING CLINIC

In order to provide the maximum benefit to you for this session, can you please answer the following questions as thoroughly as you can. This information will be kept confidential as per our privacy policy:

<http://www.mindbodymotion.com.au/privacy-and-disclaimer/>

Name:

Mobile number:

Would you like to receive our email newsletter each month? Y/N

Would you like to receive information on our Run Club for 2012? Y/N

Some of these questions are relevant if you are a regular runner, if you are not then just answer whichever questions are appropriate.

1. Are you a regular runner? I define regular as at least once per week. If you run irregularly, can you please advise how often you run? If you are not a runner at all, please state that.
2. How long have you been running?
3. How often do you run and how far do you run each time? If it varies just outline a km range i.e. 5-10km.
4. If you run each week, what is your general running plan for the week? Describe length of runs and types of sessions.
5. What is your approx. min per km time. If you aren't sure, then just advise how long it takes you to run whatever distance you normally run.
6. What do you feel are your challenges are when running? i.e. you fatigue after a certain distance, you can't breathe properly, your legs tire, hills are too difficult, mentally can't do long distance and so on.
7. Do you have any pain or discomfort either when you are running, or after running? Please outline where that is located and be specific. i.e. inside right knee, behind left knee, side of buttocks on the left side and so on.
8. Do you wear orthotics and do you know whether you roll in (pronate) or roll out (supinate) with your feet?
9. Do you go to a running store (e.g. Running Science, Footpoint etc) to have your shoes fitted or do you buy them off the shelf (Athlete's Foot, Rebel etc)?
10. Do you have any injuries at the moment that would affect your running? Are you seeing a physio for them?
11. Do you do any other forms of exercise i.e. cycling, swimming, gym or bootcamp? Please advise what you do.
12. If you sit on the ground and reach for your toes, can you touch them? If you can't, how far away are you (approx.) in cm's from your toes?