Questionnaire

Please type the answers in black if you are able. It will be easier for me to read.

Name _____

Email address _____

Address_____

Phone Number(s) _____

Age_____

Height_____

Weight_____ Is this a good weight for you? _____

Birthdate_____

Any Injuries? (now and in the past)_____

_____

Other health issues? _____

What type of work do you do? (profession) _____

How many hours do you work per week? _____

How many hours per week do you currently workout_____ ?

How many miles per week do you currently run _____ ?

How many hours do you want to commit to working out? (Please provide range, such as 6-10 as some weeks will have more hours than

others)_____

What times of day are you available to work out? _____

How many workouts per week do you do alone? _____

How many with other people? _____

How often do you take a day off? _____

What do you do on your day off? _____

Do you consider yourself to be flexible (your body and muscles)?_____

Do you stretch? _____   If so, describe how often and how long _____

For scheduling purposes, which day of the week would you like me to schedule as your day off (Monday or Friday)? _____

(If you don't care, Monday is often good after the typical longer/harder Sat and Sun — of course you will be able to move your

workouts around as life intervenes, but I will schedule one day off per week as required)

Tell me about your current training. How do you approach it? What is a typical day?

What is a typical week? _____

What is your favorite workout? _____

What are your strengths in swimming, biking, running? _____

What are your weaknesses in swimming, biking, running?   _____

Have you worked with a coach before? Was it successful? What did you like? _____

_____

Tell me about your diet_____

_____

How much do you sleep each night_____ ?

Tell me about your athletic background _____

How many triathlons have you done over how many years? _____

Please provide some past results for review? (include dates)_____

_____

What distances do you prefer? _____ Why?_____

_____

Tell me about your race experiences—

What did you like/not like _____

_____

What are your strengths in triathlon? _____

Weaknesses _____

What is (are) your best time(s) in triathlon? (list distances with times and dates)_____

Best 5k (and date) _____

Best 10k (and date) _____

Best ½ marathon (and date) _____

Most recent 5k, 10k, ½ marathon (time and date) _____

Have you been professionally fitted for your bike in the last 2 years? _____

Do you have a computer on your bike that displays your cadence? _____

Do you have a bike trainer? _____

Do you have a power measuring device? If so what kind and how do you use it? _____

Do you have a computrainer _____

Do you have a Treadmill? _____

Do you have running shoes less than 6 months old? _____

Do you have a wetsuit? _____

Do you have access to a pool? _____ If so, which one?_____

Do you swim with an organized group of folks? _____

        If so, how often?_____

If you swim certain days of the week and you want to continue with those days please describe them here

_____

Do you have a heart rate monitor? _____

Do you use it? _____

Do you like using it? _____ Why or why not? _____

Do you know what your HR zones are for training? _____

If so, what is your resting heart rate? _____ Max heart rate? _____

Lactate Threshold? _____ (in each of swim, bike, run if have it)

Do you do any strength training (lifting or other exercises)? _____

Do you do any outside conditioning like yoga, pilates or aerobics? _____

What are your goals in triathlon this year? _____

Have you set longer term goals in triathlon and if so what are they? _____

Which races do you plan do this year?

Which will be your A, B, C races this year? _____

_____

A race means we will fully peak and taper

B race means we will do a small taper

C race means we will basically train right through (may rearrange the workouts within the week before the race, but will not reduce load)

How will we measure success for you? _____

_____

Do you keep track of your workouts now? Some kind of log?

TriSmart coaching utilizes online software called Training Peaks.

Do you have an Apple or a PC? _____ How old is this computer? _____

Do you have Excel? _____ If so what version? _____

Please share anything else about yourself that you think it would be important for us to know_____

_____

_____

RELEASE

I, _____ , wish to participate in coaching and training sessions to be offered by Jennifer Meyer and/or TriSmart Training Systems, LLC ("TriSmart"). I understand and acknowledge that this training is likely to involve significant physical exertion and represent that I have consulted with a physician prior to engaging in this potentially strenuous training. I am participating in this training voluntarily and have not been coerced into participating in this program by TriSmart.

As a condition of participating in the training, I agree to release TriSmart as well as its affiliates, subsidiaries, agents, members, and employees, from any and all responsibility or liability for any injury that I may sustain or aggravate as a result of my participation. I also understand that as a result of signing this document, I cannot sue or otherwise pursue any claims against TriSmart or any released parties for any injury that I might sustain or aggravate as a consequence of participating in the training.

Date:_____Signature _____

Athlete Contract

In consideration of the agreed upon monthly fee, TriSmart Training Systems, LLC ("Coach") will provide _____("Athlete")

daily workouts, nutrition advice, email and phone support, race strategy, strength work and such other services as set forth in the plan level

agreed upon by Coach and Athlete. Athlete further agrees to the following:

1) Follow the plan, be patient and allow the plan to work. I agree that success does not come overnight, but is the result of consistent hard work over time;

2) Perform the workouts to the best of my ability. I will perform the workouts for the prescribed length of time and intensity;

3) Cut any workout short or skip it entirely if the workout seems too hard or I do not feel up to performing the workout;

4) Keep my workout log up to date;

5) Notify Coach immediately if I have any sort of injury;

6) Notify Coach immediately if I feel overly tired from the workouts;

7) Perform the listed fitness tests;

8) Ask questions if I don't understand a workout. I will notify Coach immediately if I have any questions or concerns about the training program;

9) Pay on time;

10) That we will judge success for me on the following criteria:

_____

_____

_____ .

Entered into this _____day of_____, 20____, we agree to be bound by the above.

TriSmart Training Systems. LLC

"Coach"

BY:_____

"Athlete"

BY:_____

Do I need a Powermeter?

Buying a powermeter is the single best investment you can make if you want to improve your training and racing in triathlon. In fact, it will help you train better and race faster than a new Zipp disk wheel for about the same amount of money. This becomes truer the longer the distance you plan to participate in.

So, in my opinion, you need a powermeter with a very big if: *if you know what to do with it*. Some folks spend $1500 (and up) to have a very fancy and basically useless computer on their bikes, but hey, they look cool.

So what do you do with a powermeter? Basically, a power meter displays data, primarily in watts, stores that data and then allows you to download that data into various programs. You can use that data in 4 ways : 1) set training zones (in addition to heart rate zones) and perform workouts at that targeted power level; 2) monitor the total amount of work performed in terms of both duration and intensity; 3) easily share workout information with your coach; and 4) perhaps most importantly, accurately monitor your pacing during a race.

1) **Set training zones**. Most folks realize that training on a bike with a speedometer is pretty much useless, since speed is too variable depending on wind and hills. Triathletes have typically used heart rate zones instead of speed to monitor intensity. However, while better than nothing, heart rate zones are at best an indirect measurement of effort and can be too variable based on different conditions. And finally, using heart rate zones for short intervals (less than 5 minutes) can prove troublesome. For example, let's say you have a workout assigned as follows: 5 x 3 minutes at Zone 5b (very hard). When you start your interval, how hard do you go? Since your heart rate lags behind your effort, any where from 45-120 seconds, you might be half way through the interval and your heart rate is too low if you start too easy. Or if you go out really hard and your heart rate shoots past 5b, you might have to go too easy to get your heart rate back down. However, if you use watts, and Zone 5b is 275 watts for you, you can monitor your effort exactly. You know exactly what your effort based on power is the entire interval. You can then use your heart rate as an indicator of how your body responded to that interval.

2) **Monitor work done**. Once you complete the workout, you can download the data into one of two great programs, RaceDay or CyclingPeaksWKO. These programs will assign a total stress score to each of your workouts based upon your individual fitness level. In this way it is easy to monitor how hard a particular workout was in comparison to your fitness level. It will also allow you to monitor how "fresh" you are and how "fit" you are. These are great programs to help guide you to a peak for an A race.

3) **Share the data**. As opposed to just telling your coach that your workout was "pretty good", send the power file to the coach. There is a ton of info that a coach can gleam from a power file. Was the workout too hard or too easy? Did the athlete do too much or too little? Did the athlete pace him or herself correctly? How did the athlete respond to the workout? Are the training zones appropriate? The list goes on and on. You will get more out of your coach because you will be giving your coach a whole lot more to work with.

4) **Race pacing**. Without a doubt, if you use the powermeter as described above, you will race better and faster. A powermeter will help you accurately pace yourself in a race, preventing you from toasting yourself on the bike and fading on the run. This is especially true in the longer races. By the time race day comes around, you will know pretty accurately what target power you can hold in a steady fashion and still run well off the bike. If for example you are doing a 70.3 race, you might know through your training and working with your coach that you can hold 250 watts for 56 miles and still hit your goal run pace. All you have to do is monitor your powermeter, to make sure you are not exceeding your power goal for the race. I can't tell you how many times I have seen an athlete go out too hard on the bike (hey we all feel good on the bike at the beginning) just to limp in to T2 and struggle on the run. Proper pacing prevents this and powermeter will allow you to pace properly.

And, by the way, a properly outfitted powermeter is every bit as fast as a Zipp disk wheel for about the same amount of money. All you need is a $90 wheelcover.....

Recommended Product List

Swim

Wetsuits

2XU Super elite Trisuit

Sable goggles

Tempo trainer

Seiko SD 80

Swim safe belt

Water runner

Running

Saucony Kilkenney

Mizuno Universe Wave 2

Lace locks

Metronome

Easy runner

Race belt

Fuel belt

Bike

Wheelcover

Renn disk

Hed 3

Zipps

Flashpoints

Bontrager water bottle

Cycling Peaks

Rocket science water
   bottle

Rudy Project

Profile bottle

Giro, Louis Garneau, Spiuk
   Aero helmets

Assos cream

Tri shoes/high end, entry
   level

Conti 4000 tires

Vittoria fix a flat

Elite fluid trainer

Computrainer

Erg videos

Conti training tire

Accessories

Tribags

Body glide

Transition mat

Bento box

Butt butter

Supplements

FRS

Recovery/Massage

Stick

Foam roller

Triggerpoint block

Yamuna balls

Stretch cords

Heart Rate/Speed/Power

Garmin 305

Polar RS 100

Polar RS 200

Polar RS 400

Polar s625x

Powertap SL

Cateye

Heart rate/ GPS/Power measuring

General Heart Rate/Swimming

	Cost	Pros
Polar RS 100	$110.00	Simple and inexpensive but can't download data
Polar RS 200	$139.00	Simple and inexpensive, can download data
Polar RS 400	$250.00	More functions, upgradable
Polar s625x	$370.00	Use for swim, bike run. Includes bike speed and cadence kit, plus foot pod for running speed and cadence

Cycling

	Cost	Pros
Cateye Astrale 8	$35.00	Simple and inexpensive, include speed and cadence; not downloadable, wires
Powertap SL 2.4	$1,000.00	The standard in power training. Also monitors cadence and heart rate; pricey but worth it

Running

	Cost	Pros
Garmin 305	$150.00	Best GPS system for running. Pace and Heart rate; Not really waterproof.