# Registration form

# “Running by Iris”

1. *What is your name?*
2. *What is your address (for the invoice)? Email address and phone number?*
3. *What is your date of birth?*
4. *What kind of work do you do? And what does your workload look like (number of hours, distribution throughout the week, etc.)?*
5. *Running history: how many years have you been running? And how often did you run on average per week?*
6. *Have you experienced any injuries while running? Do you have any physical complaints at the moment? And have there been other relevant injuries in the past?*
7. *Do you participate in other sports besides running? Do you practice them on set days, and if so, which days?*
8. *On what type of terrain do you run the most (or prefer to): asphalt, trails, or track?*
9. *What does your weekly running schedule look like on average at the moment?*
10. *Do you have specific goals or races you would like to work towards in the near future? Please include the goals in km, the race names, and on what type of terrain.*
11. *Do you have a specific target time/average pace in mind for these goals?*
12. *How many times per week would you like to and can you train, and on what type of terrain would you like to do this?*
13. *Do you have a preference for which days of the week you'd like to do your running training?*
14. *Have you ever done a performance test where your heart rate zones were determined? If so, what are these?*
15. *Is there any additional information I should be aware of?*

*Note: By completing and returning the intake form, you agree to the storage and retention of the above information. Personal data will be used for the TrainingPeaks account and invoicing. Data will be stored securely and not shared with third parties without consent.*