# 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. *Sport history: how many years have you been swimming, biking and running? And how often did you train on average per week?*
6. *Have you experienced any injuries while doing sports? 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 triathlon? Do you practice them on set days, and if so, which days?*
8. *What does your weekly training schedule look like on average at the moment?*
9. *Do you have specific goals or races you would like to work towards in the near future? Please include the distance and the name/date of the race.*
10. *Do you have a specific target time/average pace in mind for these goals?*
11. *How many times per week would you like to and can you train?*
12. *Do you have a preference for which days of the week you'd like to do your training?*
13. *Have you ever done a performance test where your heart rate zones were determined? If so, what are these?*
14. *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.*