

Welcome to Hebel Running!

In order for us to create a custom training plan for you, we must first get to know you. Please email us the answers to the questionnaire as best you can. Once we receive your information, we will contact you and decide together what plan would best fit your needs.

Basic Information

1. What is your name?
2. What is your age?
3. What email address should we use to contact you?

Running information

1. What is your goal? Is it to get fit? Lose weight? Complete your first race? Try for a PR? Qualify for Boston?
2. How long have you been running? If you are new to running, you may skip some of the remaining questions.
3. Do you have a race in mind that you would like to train for? If so, let me know the name of the race, date and your goal time.
4. Please describe a typical training week for you. What days of the week do you run? How many miles do you run in a typical week?
5. What is the average pace for your easy runs?
6. Do you do any interval or speed work?
7. Tell me about your PR's (personal records). Include any distances that you want. For example, what is your fastest 5k time? Half marathon?
8. Have you ever had any injuries related to running? If so, please describe.
9. How do you prefer to train? Do you use a GPS watch or do you run by feel/exertion level?
10. Do you have any dietary restrictions or medical conditions that affect your ability to run?
11. Please tell us any other information you think we should know or that we could have missed.

Thank you for your interest in Hebel Running. I will review your information and contact you with any further questions I may have.