



Appendix 2A – Rider Profile

This form concerns personal details, your fitness and performance levels, and your aspirations as a rider. Please try to complete all sections and be as honest and accurate as possible. These details are very important, as they will form the basis of your future training programmes.

Many of the questions are very general so take time to think carefully when formulating your responses. Please use additional sheets if there is insufficient space provided for your answers. All answers will be treated in confidence. Ask your coach if you have any queries.

Coach: Date:

Section 1: General Information

Date of birth: Height: cm Current weight: kg

Name:

Address:

Telephone – home: work:

mobile: fax:

Email:

Briefly outline your work/study commitments:

How do you feel about your current fitness level? (Circle your answer on the scale below.)

Extremely dissatisfied 1 2 3 4 5 6 7 8 9 10 Very satisfied

How do you feel about your current state of health? (Circle your answer on the scale below.)

Extremely dissatisfied 1 2 3 4 5 6 7 8 9 10 Very satisfied

Please give as much detail as you can about any form of medical or health condition that might influence your sporting performance, including any medications that you take on a regular basis:

Please outline details of any special dietary requirements. Do you have any known food allergies or intolerances? Do you take any dietary supplements?



Section 2: Achievements and Ambitions

List all your major cycling achievements (domestic and international) over the last three seasons, including personal bests for any standard distance events in which you have competed. Include, where appropriate, world and/or national rankings attained and the dates for all achievements:

Please outline any relevant details regarding your background – previous sports (if any) and achievements:

Please outline your overall ambition and motivation, and your reasons for choosing cycling as a sport:

List your personal performance goals for the following periods:

Current season:

Next two years:

Next four years:

Next eight years:

What do you think are your greatest strengths?

What, if any, are your weaknesses?



Rider Profile

Section 3: Coaching and Support Needs

Ideally, what would you want a personal coach to do for you?

Please provide the following details:

Type of Support	Name	Contact Details	Level of Support
Current coach(es)			
Club			
Sponsors			
Sports science support			
Other (please specify)			

To what level does your family support your cycling?

Describe the types of training you most enjoy:

Describe the types of training you least enjoy:

Give a brief outline of your training and competition strategy for the current season, detailing the following existing commitments:

Major competitions:

Minor competitions:

Training camps:

Other commitments (eg holidays and exams):

Please also attach copies of any laboratory-based assessments you have undergone in the last two years, if relevant.



Section 4: Current Training Methods

In the table below, describe a typical week of training that you have completed in the past year for each of the four phases identified (provide as much detail as possible).

Please be as honest as possible – record what you did, not what you imagined or hoped you might do!

		Training Phase			
		Preparation	Pre-competition	Competition	Recovery
Day	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				