

## Bike Race Training and Conditioning Questions

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Years Riding/Racing \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

The following questions will help me develop a unique and specific bike training/racing program for your skills and abilities

1. Please outline roughly your experiences in mountain bike training and conditioning through your previous summer, what specific workouts did you do, how often did you workout per week, what intensities did you work at, was there any structure to your training, be as specific as possible. Let me know what a typical week of workouts looked like

Outline a Typical Workout Week

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Race Activity	

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2. Describe which of the following modes of training methods you have used or experienced in the past and current:

a) Trail Running:

b) Hill Training

c) Road Bike Training intervals

d) Technical Trail Riding

e) Anaerobic Threshold Training/Tempo Training

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3. Please outline as detailed as possible what your goals are for the Bike Racing season. What would you like to improve upon this season? What are some of the limitations that might affect you from reaching your goal? What accommodations would you like me to make around either your job, school, other sports or family?