



**TrisportsTraining.com**  
**by Personal Strength & Training, Inc.**

name \_\_\_\_\_ today's date \_\_\_\_\_

address: \_\_\_\_\_

\_\_\_\_\_

phone (day)- \_\_\_\_\_ (evening)- \_\_\_\_\_ date of birth \_\_\_\_\_

occupation \_\_\_\_\_

**personal information**

*please fill in the following:*

resting heart rate \_\_\_\_\_ age \_\_\_\_\_ height \_\_\_\_\_ weight \_\_\_\_\_ blood pressure \_\_\_\_\_

**swimming:**

time for 1000m/yards \_\_\_\_\_ average heart rate \_\_\_\_\_

comments \_\_\_\_\_

**biking:**

time for 10 mile time trial \_\_\_\_\_ average heart rate \_\_\_\_\_

comments \_\_\_\_\_

**running:**

time for 5km run \_\_\_\_\_ average heart rate \_\_\_\_\_

comments \_\_\_\_\_



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**personal profile**

Questions to ask yourself:

- how much time do you have to invest in training? per week? per year?
- in which areas of multisport performance are you the weakest?
- in which areas are you the strongest?
- how much intensity should you swim, bike, run?
- are you making progress toward your fitness goals?

Knowing the answers to these questions will make training a simple process of devoting the appropriate amount of time and intensity to swimming, biking, and running. Adhering to a specific training program will help you to avoid injuries and burnout. Write down your responses

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**triathlon assessment**

Score each of the following racing abilities on a scale of 1 to 5 using the guidelines provided.

Circle the selection that best describes you in relation to your competition.

1 = in the lower quarter in my race category or in my abilities

3 = same as others

5 = among the best

<b>Abilities/techniques</b>	<b>swim</b>	<b>bike</b>	<b>run</b>
endurance	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
force/strength	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
speed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
muscle endurance	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
anaerobic endurance	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
power	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
technique	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
injuries	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
flexibility	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
mental skills	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

