Athletic Profile – <First Name & Last Name>

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Gender | | Event(s) | | PB(s) |
| Age | Developmental Age (if U21) | | Training Age  How long have you followed a training programme? | | LTAD Stage  Athlete specific not age specific |
| Time you have been coached | | Number of training sessions per week | | Current Physical Status | |
| Other sports/hobbies/interests | | Working/School hours | | Support (family, friends, teachers) | |
| Physical strengths and limitations  ‘Strong’ not enough. Is it legs, arms etc. Cannot do press ups – is that arm or posture. Try to be precise. | | Technical strengths and limitations  ‘Fast or good endurance’ again not enough. Relative to what? Speed endurance or is it about acceleration or reaction time. | | Mental strengths and limitations  ‘Concentrates well’ – again not enough. On what? | |
| Tactical strengths and limitations | | Any other useful information  Typical Training Week:   |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | |  | Mon | Tues | Wed | Thu | Fri | Sat | Sun | | AM |  |  |  |  |  |  |  | | PM |  |  |  |  |  |  |  |   Injury history: | | | |
| Reasons you take part in athletics | |

Goal Setting

Setting achievable goals or targets can help you to increase your motivation, give you a sense of direction and provides an opportunity to give feedback. If you don’t know what you want to achieve or where you want to be, how are you going to determine weather you are on track?

In general, there are two types of goals – process and performance goals. Process goals are usually linked to improvements in your technique, tactic and focuses more on the “how” you go about achieving your goals, whereas performance or outcome goals are linked to the overall performance and define the end state where you want to be, eg. improving a PB.

Recording your goals provides an opportunity to review them on a regular basis and revise and develop tactics for achieving them.

Try to be as specific and thorough as possible. Think of SMARTER principles – Specific, Measurable, Accepted, Realistic, Time bound, Exciting and Recorded.

|  |  |
| --- | --- |
| Dream Goal  What is the big prize?  What is your long term (5-10 years) goal?  Assume you have unlimited abilities? |  |
| Season Goals  What do you want to achieve for this season?  Where do you want to be at the end of the season? |  |
|  |
|  |
| Performance/Outcome Goals  What end result are you working towards? |  |
|  |
|  |
| Process (Behaviour) Goals  How are you going to go about achieving your performance goals?  What sort of behaviour you need to work towards? |  |
|  |
|  |
| Short-Term Goal  What do you want to achieve in the next 3 months?  Where do you want to be at the end of 3 months? |  |
|  |
|  |

Aerobic Profile

Please mark your most recent race performance for each of the following distances.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| VDOT Factor[[1]](#footnote-1) | 1500 | Mile | 3000m | 5000m | 5m | 10000m |
| 38 | 6:54 | 7:27 | 14:40 | 25:10 | 41:30 | 52:15 |
| 39 | 6:44 | 7:17 | 14:20 | 24:37 | 40:36 | 51:06 |
| 40 | 6:35 | 7:07 | 14:02 | 24:06 | 39:44 | 50:01 |
| 41 | 6:27 | 6:55 | 13:44 | 23:36 | 38:55 | 48:58 |
| 42 | 6:18 | 6:49 | 13:27 | 23:08 | 38:07 | 47:58 |
| 43 | 6:10 | 6:40 | 13:11 | 22:40 | 37:22 | 47:01 |
| 44 | 6:03 | 6:32 | 12:55 | 22:14 | 36:38 | 46:06 |
| 45 | 5:56 | 6:24 | 12:40 | 21:49 | 35:57 | 45:13 |
| 46 | 5:49 | 6:17 | 12:25 | 21:24 | 35:17 | 44:23 |
| 47 | 5:42 | 6:10 | 12:11 | 21:01 | 34:38 | 43:34 |
| 48 | 5:36 | 6:03 | 11:58 | 20:38 | 34:02 | 42:48 |
| 49 | 5:30 | 5:56 | 11:45 | 20:17 | 33:26 | 42:03 |
| 50 | 5:24 | 5:48 | 11:33 | 19:56 | 32:52 | 41:20 |
| 51 | 5:18 | 5:44 | 11:21 | 19:36 | 32:19 | 40:38 |
| 52 | 5:13 | 5:38 | 11:09 | 19:16 | 31:47 | 39:58 |
| 53 | 5:07 | 5:32 | 10:58 | 18:58 | 31:16 | 39:19 |
| 54 | 5:02 | 5:27 | 10:47 | 18:40 | 30:47 | 38:42 |
| 55 | 4:57 | 5:21 | 10:37 | 18:22 | 30:18 | 38:06 |
| 56 | 4:53 | 5:16 | 10:27 | 18:05 | 29:50 | 37:31 |
| 57 | 4:48 | 5:11 | 10:17 | 17:49 | 29:24 | 36:57 |
| 58 | 4:44 | 5:06 | 10:08 | 17:33 | 28:58 | 36:24 |
| 59 | 4:39 | 5:02 | 9:59 | 17:18 | 28:33 | 17:18 |
| 60 | 4:35 | 4:57 | 9:50 | 17:03 | 28:08 | 35:22 |
| 61 | 4:31 | 4:53 | 9:41 | 16:48 | 27:45 | 34:52 |
| 62 | 4:27 | 4:49 | 9:33 | 16:34 | 27:22 | 34:23 |
| 63 | 4:24 | 4:45 | 9:25 | 16:21 | 27:00 | 33:55 |
| 64 | 4:20 | 4:41 | 9:17 | 16:07 | 26:38 | 33:28 |
| 65 | 4:17 | 4:37 | 9:10 | 15:55 | 26:17 | 33:02 |
| 66 | 4:13 | 4:33 | 9:02 | 15:42 | 25:57 | 32:36 |
| 67 | 4:10 | 4:30 | 8:55 | 15:30 | 25:37 | 32:12 |
| 68 | 4:07 | 4:26 | 8:48 | 15:18 | 25:18 | 31:47 |
| 69 | 4:03 | 4:23 | 8:41 | 15:07 | 24:59 | 31:24 |
| 70 | 4:00 | 4:19 | 8:35 | 14:56 | 24:41 | 31:01 |

Performance Factor Self-Assessment

Please mark yourself from a scale from 1 (Very Poor) to 8 (Exceptional) against the 4 performance factors – Technical, Tactical, Physiological and Psychological. The purpose of the self assessment is to identify your areas of strength and your areas which need to be improved. Don’t worry too much about it, all aspects of performance can be learnt and developed over time!

Please be aware that there are likely more underpinning qualities which contribute to the various performance factors. The list below considers the most common qualities for each of the 4 factors. Please feel free to add further qualities which you feel are equally important for the event you are training for.

Make sure to state where you are right now(x) and where you want to be in 6 months time (y).

1 (Very Poor), 2 (Poor), 3 (Below Average), 4 (Average), 5 (Above Average), 6 (Good), 7 (Very Good), 8 (Exceptional)

Technical Assessment

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Technical Assessment | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Running Economy |  |  |  |  |  |  |  |  |
| Running Posture |  |  |  |  |  |  |  |  |
| Knee Drive |  |  |  |  |  |  |  |  |
| Arm Drive |  |  |  |  |  |  |  |  |
| Leg Cadence |  |  |  |  |  |  |  |  |
| Co-ordination |  |  |  |  |  |  |  |  |
| Agility |  |  |  |  |  |  |  |  |
| Running Rhythm |  |  |  |  |  |  |  |  |
| Hip Mobility |  |  |  |  |  |  |  |  |
| Stride Pattern |  |  |  |  |  |  |  |  |

Tactical Assessment

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Tactical Assessment | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Pace Judgement |  |  |  |  |  |  |  |  |
| Race Experience |  |  |  |  |  |  |  |  |
| Finishing Speed |  |  |  |  |  |  |  |  |
| Race Preparation |  |  |  |  |  |  |  |  |
| Race Planning |  |  |  |  |  |  |  |  |
| Self Awareness |  |  |  |  |  |  |  |  |
| Ability to bounce back |  |  |  |  |  |  |  |  |
| Consistent Performer |  |  |  |  |  |  |  |  |

Physical Assessment

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Physical Assessment | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Power |  |  |  |  |  |  |  |  |
| Core Strength |  |  |  |  |  |  |  |  |
| Speed Endurance |  |  |  |  |  |  |  |  |
| Sprinting Speed |  |  |  |  |  |  |  |  |
| General Endurance |  |  |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |  |  |
| Ability to Recover |  |  |  |  |  |  |  |  |
| Balance/Body control |  |  |  |  |  |  |  |  |
| Cardio Fitness |  |  |  |  |  |  |  |  |
| Physical Resilience |  |  |  |  |  |  |  |  |

Psychological Assessment

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Psychological Assessment | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Motivation/Enthusiasm |  |  |  |  |  |  |  |  |
| Commitment |  |  |  |  |  |  |  |  |
| Discipline |  |  |  |  |  |  |  |  |
| Concentration |  |  |  |  |  |  |  |  |
| Goal Oriented |  |  |  |  |  |  |  |  |
| Work/Life Balance |  |  |  |  |  |  |  |  |
| Confidence |  |  |  |  |  |  |  |  |
| Perseverance |  |  |  |  |  |  |  |  |
| Emotional (Control) |  |  |  |  |  |  |  |  |
| Mental Toughness |  |  |  |  |  |  |  |  |
| Relaxation |  |  |  |  |  |  |  |  |

1. These values are derived from Daniels' Running Formula, 2nd edition. VDOT is a normalised measure for maximum oxygen consumption (VO2Max). [↑](#footnote-ref-1)