

Athlete Application

Triathlon Training Online

Please fill out completely, to the best of your knowledge. Save/Scan and email the application to admin@triathlontrainingonline.com or send the application to:

Triathlon Training Online
12634 Magic Springs Way
Bristow, VA 20136

Once your payment and athlete application is received you will receive an email containing your program or a user name and password to enter the registered athletes section of TTO's website including access to your program. If TTO has any questions concerning your application or medical history you will receive an email/phone call to discuss them with you. If you do not desire to pay securely online through PayPal please contact admin@triathlontrainingonline.com for payment options. You do not need to be a member of PayPal to submit payment through them.

All information is held confidential and will not be shared!

Personal Information:

Name _____ D.O.B. _____

Address _____

City _____ State _____ Zip _____

Occupation _____ Hours worked weekly _____

Marital Status: Single / Married

Phone # () _____ Cell # () _____

E-mail Address _____

Emergency Contact _____

Athletic Background and Training History:

1 Current fitness level: Poor / Good / Excellent

2 Sporting interests: Walking / Running / Multisport / Marathons / Cycling Other: _____

3 Have you competed before in your sport? If yes, list events: _____

4 Best time in your favorite events! _____

5 Any races or competitions coming up that you plan to participate in? _____

6 Goals for your season: _____

7 Please list any weaknesses that you feel are limiting your performance. _____

8 What are your strengths? _____

9 Describe a typical week of workouts, time spent training per day, etc.

10 Time available to train: _____ Best time of day to
train: _____

11 List specific race goals or specific training goals that you would like to focus on.

Condition of Contract:

**There is a one-time non-refundable start-up fee of \$30.00 for all custom programs. This will go toward your account set-up, training peaks account set-up, review of application, and initial consultation.

Payment in full is expected once training services are selected, a training period determined, waiver signed, and medical clearance given.