

Date :  
Name :  
Age :  
Address :

Contact details :  
Email address :

paperwork & privacy  
injuries & special circumstances  
goals :

long term :

medium term :

short term

Experience :

Training history :

current training & fitness

support, family, friends, partners etc

equipment & positioning

skills – bunch, solo

attributes – sprinter, climber, TT etc?

Diet & nutrition

overview of periodic training, diary!

overview of coaching relationship to athlete, aboc culture & history

MAX HR, Zones, Testing

Training time available

charges & payment

other aboc stuff – climbing camps, sprint skill sessions, aboc dinner, jerseys & knicks,  
group rides, web forum, motorpacing, website & mailing list