**Training questionnaire**

- **How many years have you been practicing running?** __________ years

- **Average weekly distance** (previous 12 months) __________ kilometers

- **Number of sessions per week** __________

- **Time spent on running per week** __________ minutes

- **Average running speed** __________ min/km

- **Surface (percent)**
  - hard
  - medium
  - soft

- **Personal best**
  - 10km
  - Half marathon
  - Marathon

- **Number of competitions**
  - 10km
  - Half marathon
  - Marathon

- **Training**
  - 2 days ago (y/n) Pain? __________
    If yes: specify type of activity
  - 1 day ago (y/n) Pain? __________
    If yes: specify type of activity

- **Shoes**
  - #1 Brand and model
    km __________ age __________
  - #2 Brand and model
    km __________ age __________
  - #3 Brand and model
    km __________ age __________
  - #4 Brand and model
    km __________ age __________
  - #5 Brand and model
    km __________ age __________

- **Other physical training**
  - #1 Type of activity frequency __________ duration __________
  - #2 Type of activity frequency __________ duration __________
  - #3 Type of activity frequency __________ duration __________