**Personal Information:**

Name:

Male/Female:

Age:

Height:

Weight:

Events:

**Goal:**

Personal Best:

Seasonal Best:

**Optional Information** (Highly recommend to fill the questions below, we can know better of you and training environment):

Barbell back squat weight:

Power clean:

Bench press:

Vertical jump:

RSI (reactive strength index):

World athletics profile page:

Torso length (from **top head** to hip):

Legs length (hip to foot):

Body fat percentage:

10m stride count:

Current 60m time:

Current 60m stride count:

Current 100m time:

Current 100m stride count:

Current 200m time:

Current 200m stride count:

**Do you have access to any of the following facilities?**

Artificial turf field

Professional sprint track (not cinder or hard rubber)

Commercial gym

Gym’s powerlifting area for athletes

**Do you have access to any of the following tools/equipment or similar tools?**

Keiser series (squat/bike/hip…)

Gymaware (for explosive assessment)

Woodway (treadmill)

Moxy lactate testing

1080SPRINT (resistant pull)

Freelap (for timing)

Kistler (block start force)

Optojump (record stride length/rate info)

Omegawave (fatigue assessment)

Cryogenic body function recovery system

Swimming Pool Recovery

**What is your sports experience?**

Below is a **Sample** to fill out the above info.

**Personal Information:**

Name: Dada Baba

Male/Female: Male

Age: 25

Height: 180 cm

Weight: 72 kg

**Goal: 100m in 10.8s/200m in 22.3s/get faster/……**

Events: 60/100m/200m

Personal Best: 60m 7.3s/100m 11.5s (+0.9m/s)/Outdoor 200m 23.5s

Seasonal Best: 60m 7.41s/100m 11.7s/

**Optional Information** (if you can provide them, we can know better of you and training environment):

Barbell back squat weight: **140kg**

Power clean: **100kg**

Bench press: **80kg**

Vertical jump: **41 cm**

RSI (reactive strength index):

World athletics profile page:

Torso length (from **top head** to hip): **72cm**

Legs length (hip to foot): **108cm**

Body fat percentage: **12%**

10m stride count: **7.3 strides**

Current 60m time: **7.41s**

Current 60m stride count: **29.7 strides**

Current 100m time: **11.7s**

Current 100m stride count: **49 strides**

Current 200m time: **23.5s**

Current 200m stride count: **don’t know**

**Do you have access to any of the following facilities?**

Artificial turf field

Professional sprint track (not cinder or hard rubber)

Commercial gym

Gym’s powerlifting area for athletes

**Only gym. No professional sprint tracks.**

**Do you have access to any of the following tools/equipment or similar tools?**

Keiser series (squat/bike/hip…)

Gymaware (for explosive assessment)

Woodway (treadmill)

Moxy lactate testing

1080SPRINT (resistant pull)

Freelap (for timing)

Kistler (block start force)

Optojump (record stride length/rate info)

Omegawave (fatigue assessment)

Cryogenic body function recovery system

Swimming Pool Recovery

**None of Above**

**What is your sports experience?**

**2 years football, 1 year soccer, 3 years track and field since 2021, go to gym every day, swim twice a week, play badminton twice a month……**