

Marie Murphy Health & Fitness

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ATHLETES QUESTIONNAIRE

Name:

Age:

Weight:

Body Fat:

Sport:

Circle your answer to the following questions:

Number of training day per week: 1 2 3 4 5 6 7

Number of double training days per week: 1 2 3 4 5 6 7

Number of cardiovascular workouts per week: <3 4-5 6-7 8-9 10-11 12-13 >14

Cardiovascular hours per week: <7 8-9 11-14 15-18 >19

Number of weight training days per week: 1-2 2-3 3-4 5-6 >6

Weight training hours per week: <3 4-6 7-9 10-12 <13

Total training hours per week: <7 8-9 11-14 15-18 19-22 23-27 >28

Workouts per week at 65%-75% intensity : <3 4-5 6-7 8-9 10-11 12-13 >14

Workouts per week at 75%-85% intensity : <3 4-5 6-7 8-9 10-11 12-13 >14

Workouts per week at >85% intensity : <3 4-5 6-7 8-9 10-11 12-13 >14