How you train makes the difference.
www.milehighmultisport.com

Athlete Equipment and Facilities Available Assessment
Mile High Multisport Coaching, LLC

Name_____

I have the following equipment and facilities available to me (indicate what days the facilities are available to you i.e. Masters swim m/w/f or open swim T/Tr evenings):

SWIMMING

___ Pool (1 length = _____)
___ Open water (lake, ocean)
___ Pull buoys
___ Kick board
___ Masters swim program (weekly meeting days = _____)

CYCLING

___Road Bike
___Mountain Bike
___Cyclocross Bike
___Fixed Gear Bike
___Stationary Bike
___Rollers
___ Indoor trainer: variable resistance
___ Indoor trainer: fixed resistance
___ Compu Trainer/Trainer Road
___ Cyclosimulator
___ Power Meter,
___ Heart Rate Monitor(Downloadable? __
___ Handlebar computer,
___ Steep, short hill (1-2 minutes to ride up)___ 6-8%, longer hill (3-6 minutes to ride up)
___ Rolling/hilly course
___ Flat course

RUNNING

___Good shoes
___Deep-water vest
___400 meter/440 yard track
___Pool to run in (7-foot + depth)
___Indoor track (1 lap = _____)
___Treadmill (max speed = _____)
___Steep, short hill (1-2 minutes to run up)
___6-8%, longer hill (3-6 minutes to run up)
___Rolling/hilly course
___Flat course

STRENGTH

___Free weights
___TRX
___Cable-type machines
___Stretch cords
___Other equipment_____

OTHER

___Back country skis
___Skate skis
___Snowshoes
___Stair climber or Elliptical Trainer
___Diagonal track skis
___Nordic Track
___In-line skates
___Rowing erg
___Other aerobic: _____