***MARATHON POTENTIAL 2024 PROJECT***

**APPLICATION PACK- 2020**

Athlete -Coach pairs should meet to complete the form below and return by email or post to [info@athleticsni.org](mailto:info@athleticsni.org) by October 25th 2019 at 6pm. Questions can be emailed to jackie@athleticsni.org

To apply for the Marathon Potential 2024 Programme for 2020 please answer all questions below and tick all applicable boxes. We recommend that athlete and coach meet to complete this form

**My Profile**

Name:

Date of Birth:

Athletics Club:

Lead Coach:

Other coaches:

|  |  |
| --- | --- |
| Main distance | Secondary distance |
| 2017 PB: date; | 2017 PB: date; |
| 2018 PB: date; | 2018 PB: date; |
| 2019 PB: date; | 2019 PB: date; |

**Best cross country/mountain running results**:

**Track Achievements**

3000m personal best (date/location):

5000m personal best (date/location):

10,000m personal best (date/location):

Other Track Achievements:

**Current training mileage and/or typical sessions in training zones**

|  |  |
| --- | --- |
| **Steady long runs** |  |
| **Lactate threshold** |  |
| **VO2max/Intervals** |  |

**Analysis of strengths and weaknesses – score 1 (poor) to 5 (very good)**

|  |
| --- |
| **Physical Preparation**  Functional Movement \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Core strength \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Technical Ability**  Tall posture shoulders above hips \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Running on the flat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Running uphill \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Running downhill \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Physiological Capacity**  Aerobic capacity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   * *Aerobic capacity is related to an athlete’s ability to maintain steady running or exercise at a rate where the body can continuously supply the muscles with oxygen. It ultimately develops an ability to keep going for longer periods of time.*   Anaerobic capacity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   * *Anaerobic capacity is related to an athlete’s ability to maintain a faster pace and ultimately develops a faster racing speed*   Alactic capacity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   * *Alactic capacity is related to an athlete’s ability to sprint quickly over short bursts and ultimately develops a faster ‘turn of pace’ or sprint finish* |

|  |
| --- |
| **Tactical ability**  Sprint finish \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Mid race surge \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Turn of pace to go with any breaks \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Sprint finish \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Concentration and awareness of others \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Research on competitors’ strengths and weaknesses \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

How many years have you been training for endurance?

Please underline which of the following you have experience of:

1. Keeping a training diary
2. Running drills
3. Regular gym-based strength training
4. Core training at home
5. Using a heart rate monitor

**General Preparation Typical Week** Average Mileage

Date FROM and TO:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **AM** |  |  |  |  |  |  |  |
| **PM** |  |  |  |  |  |  |  |

**Specific Preparation Typical Week** Average Mileage

Date FROM and TO:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **AM** |  |  |  |  |  |  |  |
| **PM** |  |  |  |  |  |  |  |

**Pre-Competition Phase Typical Week** Average Mileage

Date FROM and TO:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **AM** |  |  |  |  |  |  |  |
| **PM** |  |  |  |  |  |  |  |

**Competition Phase Typical Week** Average Mileage

Date FROM and TO:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **AM** |  |  |  |  |  |  |  |
| **PM** |  |  |  |  |  |  |  |

**Number of sessions completed with your coach present in a typical week:**

**My Injury History**

**Please list any injuries you had since October 2018 and number of training days lost through this injury or competitions missed. If you know the name of the injury please include it and the name of your physiotherapist if you attended one.**

**My Eligibility**

**How are you eligible to represent Northern Ireland & Ulster? Please tick one box.**

1. Born in NI
2. One or more parents born in NI
3. Three+ years residence in NI
4. From one of the nine counties of Ulster called…………………………….

**Please complete the paragraphs below**

**Athlete Statement**

My short-term goal in endurance running is…

My long-term goal in endurance running is…

I feel the Programme would benefit me because…

**Coach Statement:**

In order to bridge the gap from 10ks/half marathons I feel this athlete needs to……

I feel the most beneficial aspects of the Marathon Development Programme for this athlete will be……

My own areas for development as a coach are……

After review of applications received by 6pm on 25th October there will be a selection process and successful applicants will be contacted and made an offer of Marathon Potential 2024 Programme support for 2020. Details of training, education and competition opportunities will be confirmed at that time.

Once an offer is made to athletes, they will be able to assess that offer and their availability to the training and competitions. Athletes who would like to be considered for a fee waiver based on financial hardship may state this, in confidence, when returning their application.

Applications may be typed or handwritten but must be either emailed to info@athleticsni.org or posted to arrive by 6pm 25h October 2019 to:

Marathon Potential 2024 Programme

Athletics House,

Old coach Road,

Belfast

BT9 5PR

Athletics NI intend to communicate with all applicants by 1st November.

