





Athletic level:

				
How many times do you train in a week?	twice a week	3 times a week	4 times a week	5 or more times a week
How many hours do you train in a week?	at least 2 hours	around 3h 30min	around 5 hours	over 8 hours
How much is the maximum elevation gain you do in a single training?	mainly flat training	around 400 meters	around 800 meters	around 1200 meters
Are you able to run at least 1h30' for some days in a row?	never run 2 days in a row	I'm able to run for 2 days in a row	I'm able to run for 3 days in a row	I'm able to run for 4 or more days in a row
Which is your time in a 10km flat run?	around 1h 10min	around 1h 00min	around 0h 50min	around 0h 45min
Which is your average climbing rate*?	I don't know	around 400 m in 1h	around 600 m in 1h	around 800 m in 1h

*average climbing rate = elevation gain you can get in 1h of uphill training.