

*5k Training for
Beginners*

5k Quiz

5k Quiz for 5k Training for Beginners

Want to know if you are ready to run a 5k? Take the following Quiz.

Count the number of “A” responses when you are done with taking the quiz

Nos	Question	A	B
1	Have you always wanted to run?	Yes	No
2	Do you have a fear of running?	No	Yes
3	How many days a week do you exercise?	More than 3	Less than 3
4	Have you ever run before?	Yes	No
5	Do you get out of breath when you run?	No	Yes
6	What is the maximum distance you have run before?	Can run a little bit	Never run before
7	Do you want to run to take a challenge?	Yes	No
8	Do you want to join a group of runners and interact with them regularly?	Yes	No
9	Do you want to run a race?	Yes	No
10	Can you commit to running 3 days a week?	Yes	No

Go to <http://www.half-marathon-running.com/quiz-responses.html> to see your results.

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No modifications or alterations permitted.