

Half Marathon Training for Beginners

Half Marathon Quiz

Half Marathon Quiz for Half Marathon Training for Beginners

Want to know if you are ready to train for a half-marathon? Take the following Quiz.

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

Nos	Question	A	B
1	Do you think you are in good shape?	Yes	No
2	Do you exercise regularly?	Yes	No
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 enjoy running?	Yes	No
6	What is the maximum distance you have run before?	More than 4 5 miles	Less than 4 5 miles
7	Do you want to run to lose weight?	Yes	No
8	Do you want to run to take a challenge?	Yes	No
9	Do you run when you are injured?	Yes	No
10	Do you want to join a group of runners and interact with them regularly?	Yes	No
11	Do you want to run a race?	Yes	No
12	Are you familiar with weight training?	Yes	No
13	Do you currently have a gym membership?	Yes	No
14	Can you commit to running 4 days a week?	Yes	No
15	Can you commit to long runs on weekends	Yes	No

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

Feel free to distribute this document.

No modifications or alterations permitted.