



COACH BRIAN DARR

Services

Develop annual, weekly and daily training schedules and workouts

Communicate through online training systems, email, and phone

Develop and supervise weight room and cardio programs

Develop training and race day hydration/nutrition plans

Determine monthly, annual and lifetime athletic goals

Conduct in-person and virtual training

Give group presentations and training

Assess current fitness level

Practice Transitions

Qualifications

Level 1 Coach - USA Triathlon

Level 2 Official - USA Triathlon

Certified Ironman Coach—Ironman University

Certified in First Aid and CPR - American Red Cross

Level 1 Track and Field Coach - USA Track and Field

Certified Running Coach - Road Runners Club of America

Certified Personal Trainer—American Council on Exercise

Certified Group Fitness Instructor—American Council on Exercise

Coach Brian Darr

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Helping athletes reach and exceed their goals