

JARED ALLEN

DEGREES & CERTIFICATIONS

- NASM Certified Personal Trainer
- USAT Level 1 Triathlon Coach
- USAT Certified Swim Instructor
- CPR/AED/First Aid Certified

SPECIALTIES & AREAS OF EXPERTISE

Multi-sport coaching, sports nutrition, functional strength training, run gait/swim stroke analysis & injury prevention techniques.

HOBBIES & INTERESTS

Racing Ironman Triathlons, playing piano, studying physics & talking to motivated people about their goals.

TRAINING PHILOSOPHY

"You are not like everyone else. I want to treat you like an individual and make a plan to reach your goals."

