



Personal Trainer

Name: Murphy McFarland

Years of Experience: 12

Education:

- BA-Physical Education. University of Washington. West Valley College

Certifications & Trainings:

- USAT Triathlon Certified Coach
- IFPA Functional Strength Training
- IFPA Sports Nutrition
- IFPA Personal Trainer

Services Offered:

- Functional strength training
- Swim, Bike, and Run (technical, endurance, power)

Training Philosophy:

As a USAT triathlon coach, trainer and participant, I try to use my education and experience to motivate my clients to think long term in their fitness objectives. I believe in planning and structuring training phases and setting proper short term goals in pursuit of ones long term objective.