



# Kraig Erickson

DAC PERSONAL TRAINER

## **SPECIALTIES:**

- Functional Training Coach
- Downtown Running Club Coach
- Triathlon Coach

## **ACCOMPLISHMENTS:**

- Bachelor of Art, University of Washington
- USA Triathlon Level I
- American College of Sports Medicine
- Functional Movement Screener

## **EXPERIENCE:**

- 12 Years Competitive Swimming, Elite Master Swimmer
- DAC Personal Trainer Since 2007
- 3X Iron Man Finisher

## **PROFESSIONAL AREAS OF INTEREST:**

- Triathlon
- Running Form & Biomechanics, Swimming Technique
- Strength Training for Endurance Athletes
- Speed, Agility & Quickness

## **PERSONAL AREAS OF INTEREST:**

- Spending Time with my Children
- UO Women's Soccer, Wife is Head Coach
- Triathlons, Masters Swimming, Running, Surfing & Snowboarding

*"Set your goals high and reach them, make your dreams big and chase them." -Unknown*