



Talia Brennan

Strength coach, Sellwood, Portland

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Nine years coaching people back into training after a baby, an injury or twenty years away from it, five of them alongside physical therapists in a clinic. Fourteen clients at a time, twelve-week blocks, and a paper notebook for every one of them.

COACHING

Strength coach, independent

2019 — PRESENT

Talia Brennan Strength · Sellwood, Portland

A two-rack studio on SE 13th and two park mornings a week. Fourteen one-to-one clients at a time, a small group of four outdoors, and written blocks for a handful of people who train elsewhere.

Coach and rehabilitation assistant

2017 — 2019

Riverside Physical Therapy · Portland, Oregon

Ran the loading side of return-to-activity plans for post-operative knees and shoulders, and wrote the bridge programs patients took away at discharge.

Physical therapy aide

2014 — 2017

Riverside Physical Therapy · Portland, Oregon

Five years of watching people improve for six weeks and then stop, which is the reason everything above exists.

Coach, community strength program

2018 — 2022

Sellwood Community Center · Portland, Oregon

A free Saturday barbell hour for people over sixty, run with two volunteers and a set of borrowed plates.

EDUCATION

BSc Kinesiology

2010 — 2014

Portland State University · Portland, Oregon

Thesis on adherence to home exercise programs after discharge, which nobody has ever asked me about since.

Certificate in Exercise and Pregnancy

2020 — 2020

Oregon Health Sciences (continuing education) · Portland, Oregon

CERTIFICATIONS

Certified Strength and Conditioning Specialist (CSCS)

2016, RENEWED
2025

National Strength and Conditioning Association

Pre and Postnatal Coaching Certification

2020

Girls Gone Strong

Kettlebell Instructor, Level 2

2018

StrongFirst

Emergency First Aid and CPR

RENEWED
ANNUALLY

American Red Cross

Barbell Rehabilitation Coach

2021

Clinical Athlete

COURSES I KEEP GOING BACK TO

Loading the Postoperative Knee

2023

Two-day clinical workshop, Seattle

The reason the Knees Again block runs twenty weeks instead of twelve.

Coaching Older Adults

2022

Six-week course, online

Changed how I write carries, step-ups and anything involving getting off the floor.

Motivational Interviewing for Practitioners2021

Portland State University

Mostly about asking better questions in the first ten minutes and then being quiet.

Return to Running after Pregnancy2024

Clinical seminar

TALKS AND TEACHING

Strength after fifty is not a compromise2025

Sellwood Library, evening talk

Given twice, once to eleven people and once to sixty.

What discharge does not cover2024

Riverside Physical Therapy, staff session

Teaching the first barbell hour2023

Oregon Coaches Meetup

WHAT I COACH

- Barbell strength for beginners ····

Postpartum return to training ····

Post-operative loading, knees and shoulders ····

Kettlebell and carry work ····

Strength for distance runners ····

Small group coaching outdoors ····