



# DESMOND L. WILFORD

FOUNDER | INTENSE SPORTS  
TRAINING (IST)

## BACKGROUND

Born in Hopkinsville, Kentucky, Desmond L. Wilford was introduced to athletics and fitness at the young age of six. From the start, he displayed a deep passion for sports, competing in baseball, football, basketball, wrestling, and powerlifting. His commitment and natural athleticism earned him recognition as a perennial baseball all-star, a state wrestling champion, an all-conference football player, and a state powerlifting champion. Following high school, Desmond continued his athletic career at Meramec Community College in St. Louis, Missouri, where he was a standout collegiate wrestler. During his time at Meramec, he became a two-time all-conference champion, a two-time national qualifier, and an All-American. He later transferred to the University of Nebraska at Omaha (UNO), where he served as a varsity starter and letterman for the UNO wrestling team.

## EDUCATION

- Bachelor of Arts in Recreation with a Minor in Speech Communication – University of Nebraska at Omaha (2002)
- Nationally Certified Personal Trainer – NASM and ISSA

## EXPERIENCE

Desmond's passion for fitness and mentorship began through his work in Human Services, where he discovered his ability to inspire and empower others. With over 20 years of experience in the

fitness industry, Desmond has trained athletes of all levels — from beginners to professionals. He has worked extensively in personal training, small-group development, and team performance coaching, collaborating with athletes across multiple sports including soccer, basketball, baseball, football, wrestling, softball, volleyball, and track. As an independent sports performance consultant, Desmond has traveled throughout the United States and abroad, refining his methods and learning from some of the best in the industry.

His training philosophy has been shaped by mentorship under renowned performance coach Tim Grover, best known as Michael Jordan's longtime trainer and coach. Drawing from this elite-level experience, Desmond founded Intense Sports Training (IST) — a performance program designed to enhance athletic ability through consistent, functional, and transferable training methods that drive optimal performance.

## THE RESULT

Desmond's ultimate goal is to design and implement performance programs that challenge and empower athletes to reach their full potential. His approach emphasizes strong fundamentals, discipline, and a passion for continuous growth — building a foundation for both athletic success and personal excellence.

