



EXPLORING
THE LIMITS

THE EXTREME RUNNER

MY ADVENTURES STARTS BEYOND YOUR COMFORT ZONE

I have challenged the toughest competitors across the highest mountains, through the most dangerous deserts and jungles, and to the south pole.



EXPLORE MORE Summary

It has been warmer than 60 degrees and colder than minus 50 degrees, higher than 6,000 meters above sea level and with an humidity above 90%.

+ 63 degrees in Gandom Beryan is the warmest race in history

- 54 degrees in Yukon is the coldest race in history

EXPAND YOUR LIMITS

Don't become a victim of the limitations that other people place you. Seek to find your own limits and adventures.



**- 54
degrees**

483 KILOMETER
YUKON



**+ 63
degrees**

250 KILOMETER
GANDOM BERYAN



**6.048
MASL**

2:37 TIMERECD
SAIRECABUR



**No. 4 in
HISTORY**

250 KILOMETER
SOUTH POLE

LECTURE

Subjects to the public

Adventure, motivation, preparation, how to complete, success criteria, team building, food, energy and training.

KNOW YOURSELF

Motivation

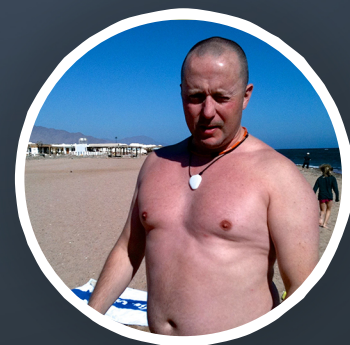
I am competing against professionals alone for several days and must survive with the food and equipment in my backpack, through inhospitable wilderness in extreme temperatures.



A BETTER LIFESTYLE

From fat 2 fit

From 107 kilograms, Vice President for a Nasdaq listed company with 3,500 corporate customers to a 67 kilograms adventurer with a backpack running through hundred of kilometers of dangerous wilderness.



DON'T SCREW IT UP

Planning

Geography, locals, culture, environment, equipment, nutrition, implementation, adaptation, unforeseen events, mental and physical preparation.



SHAPE YOURSELF

Goal seeking

Prerequisites, Goal Setting, Physics, Mental Strength, Running Technique, Strength and Alternative Training.



Risk Management

All races have their unique challenges and often with extreme nature. My experiences have been sandstorms, earthquakes, volcanic eruptions, colds, heat, snakes, spiders, scorpions, wolves, wild dogs and even a fang from wild boar in my foot.



KnowHow

World Running Academy

Coach at the World Running Academy where we provide programs and technique training for individuals and groups.

Pose Method® Certified

Educated Running Technique Specialist at the Romanov Academy of Sports Science. Increase the race capacity both in terms of strength, distance and speed.

Coaching

How to succeed. From the vision to the action for your success. Educated coach from college with extensive experience in management, sales, motivation, coaching and team development.

Equipment and planning

Equipment expert in lightweight equipment for ultra- and stage races. Experience from extremely remote areas with extreme weather conditions where the stages runs over several days.



Merit list

Iditarod Trail Invitational - 350 miles / 563 km

Self supported with running shoes through Alaska in winter.

Kilimanjaro - the Marangu Route, **FKT**

Fastest known time and without acclimatization - spontaneously.

For Ranger Ultra - 142 miles/230 km, **No. 6**

Running safari through five conservatory

The Jungle Ultra - 142 miles/230 km, **No. 3**

Spontaneous registration for participation - 3 days before start.

Al Marmoom Ultramarathon - 168 miles/270 km, **No. 8**

Special Recognition Awards in the world's longest desert ultra-run.

Maharaja Ultra Marathon - 155 miles/250 km, **No. 3**

Throughout the worst sandstorm in history 109,4 °F / 43 °C.

Yukon Arctic Ultra - 300 miles/483 km, **No. 3**

The coldest competition in history, -65,2 °F/-54 °C.

Manaslu Trail Race - 125 miles/200 km, **No. 7**

A tough race cross a 5,160m pass in the stunning Himalayan landscape.

Trans Atlas Marathon - 187 miles/300 km, **No. 5**

14.000 altitude meters and some of the best runners in world.

Antarctica The Last Desert - 155 miles/250 km, **No. 4**

Among the first four in history to complete the entire race.

Lofoten Ultra Trail - 50 miles/80 km, **No. 1**

Amazing race, in front of the European champion.

Ultra Norway Race, 87 miles/140 km, **No. 3**

Along the Lyngsalps and in front of the world champion of 2016/2017.

Iranian Silk Road Ultramarathon - 155 miles/250 km, **No. 5**

The hottest race in history, 145.4 °F / 63 °C.

Oslofjorden Rundt - 109 miles/175 km, **No. 1**

National television - television series about me as a ultrarunner.

Ecuador Incatrail, Mustang Trail Race, Atacama Crossing, Sairecabor uphill, Arctic Circle Race, Gobi March, Swiss Alpine...



FRODE
LEIN
EXPLORING THE LIMITS

