



Qualifications

- American Council on Exercise (ACE) Certified Personal Trainer
- Certified Marathon Trainer approved by American College of Sports Medicine (ACSM)
- Nutrition Foundation & Sports Nutrition Certification by ACSM
- ACSM Approved Continuous Education Certification in –
 - ~ High Intensity Interval Training (HIIT)
 - ~ Medicine Ball Training (MedBall)
 - ~ Fat Burner
 - ~ Gluteal Magic
 - ~ Gait Analysis
 - ~ Foam Roller and Trigger Point
 - ~ Psychology of Injury
 - ~ Exercise and Hypertension
 - ~ Exercise and Diabetes
- Certified in Heartsaver First Aid with CPR & AED approved under 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care

Experience

- 24 Hours Stadium Run 2019 - 139.2K; Finished high altitude Ultramarathon La Ultra - The High 2018 111K in 19:13:36hrs; Ranked 4th 150.4K in 24 Hrs Individual Stadium Run – Mumbai 2018; 2nd Runner up at Run The Rann 2018 101K in 18:39:06 and 100K in 13:03 hrs at Pune Ultramarathon 2017; 86K at IDBI Federal 12 Hour Stadium Run 2017; 12 hours Mumbai Ultra 2017 (83K) & 2015 (81K) Finisher & Western Ghats Ultra 50K in 06:41 hrs.
- Completed 17 Half Marathons, 17 Full Marathons including World Marathon Major – New York Marathon 2015 and high altitude Ladakh (Full) Marathon 2013 & PB 3:47 at TMM2018
- Conceived & conducted regular ExploRunner Workshops a series of knowledge sharing sessions to promote running in association with the best Sports Science & Fitness professionals.
- Conducted a Corporate Run cum Workshop for employees of RP Tech India and TATA Capital Ltd on **Combating Sedentary Behaviour Among Corporate Executives.**

Private Coach of Ex-NCC Cadets, Bankers, Software & Technology Professionals, Corporate Employees, Indian Railways, Police Officers, Court Official, CEO/CXO Level

Facebook: @ExploRunner

Website: www.explorunner.wordpress.com