



SCOTT COLE

MULTISPORT ENDURANCE ATHLETE, COACH AND SPEAKER

Your goal is within reach – explore your body's endurance potential and test your own boundaries.

An American in Sweden: Entrepreneur, Athlete, Coach and Speaker

- Born: 1977, San Diego, California
- Cycling expedition: Mexico to Canada, 1999
- Lives in Sweden since 2004
- Ph.D. in environmental economics
- Founder/owner of EnviroEconomics Sweden
- Several multisport victories in China, New Zealand, Norway, Sweden, United States
- Coach for elite & recreational endurance athletes
- Invited speaker for companies, sports clubs, schools, and other organizations

MULTISPORTER

As a multisport endurance athlete (runner, paddler, cyclist), I challenge myself on a daily basis – both as a solo competitor and as a teammate.

As an entrepreneur and environmentalist I am passionate about my career, but I combine work with global travel to live my dream: seeking success in the competitive world of endurance sports and inspiring and coaching others to follow their own dreams.

Reaching my own goals demands tight control and focus over my training regime, nutrition, efficient energy-saving movement, team dynamics, and mental toughness.

Steadfast motivation is a powerful success factor for me and my team when competing under mentally and physically demanding conditions.

COACH

I push my athletes to explore their body's endurance potential. My passion for exploring this potential helps my students train smarter by using effective training tools, developing a balanced training regime, and maintaining a tight focus on individual goals.

SPEAKER

My enthusiasm for human endurance is evident in my presentations, which highlight success factors and inevitable failures en route to searching for, and re-defining, my own boundaries. The mental toughness and fortitude required for multisport is equally valuable for today's work environment, which rewards teamwork and inner motivation.

CONTACT

Inspirational-speaking and outdoor clinics can be arranged to suit your own individual needs.

