

Jan Helgerud



Born February 16th, 1956

- **Professor of Medicine, PhD**, Norwegian University of Science and Technology, Faculty of Medicine and Health Sciences, Trondheim.
- Professor 2002
- PhD 1996
- MSc Exercise and Sport Science 1984.

Brief biography

National Team Head Coach Cross-Country Skiing 1986-1987. Head of Department of Sport Science 1996-1999 and 2002-2003. Visiting professor; University of California, San Diego 1999/2000, University of Utah, Salt Lake City 2004/2005, 2009/2010, 2014/2015. Research articles represented in PubMed are 90. Responsible for physical training for multiple Olympic and World Cup winners. Consultant for several football professionals and teams such as Celtic FC, Barcelona FC, Real Madrid FC, Rosenborg FC. Several engagements for German, British, Spanish and Norwegian Football Federations. Chairman in 4x4 Medicine as and Partner in Myworkout as. The researcher behind the 4x4 physical training concept for strength and endurance performance and medical treatment for cardiovascular disease, COPD, SCI, MS and other diseases together with Professor Jan Hoff.

