



BIOGRAPHY

HERBERT NITSCH FREEDIVER

Austrian Herbert Nitsch has dived deeper on a single breath than any man. He has explored the boundaries of human ability in the ocean's depths time and time again, earning multiple world championships and 33 world records across all of the freediving disciplines — a feat unrivaled until today.

P I O N E E R

Unlike other elite freedivers Herbert is self-taught. He is a pioneer in every way. He developed his own freediving techniques over the years, a methodology that largely differs from traditional styles.

Very little is known about our bodies when freediving to extreme depths. Expert opinions seem to change each time a new record is set. To advance in the sport, Herbert used the analytical and pragmatic approach of his profession as an airline pilot (captain). This allowed him to break with convention. He introduced new techniques, innovations, safety measures and insights into the sport, and into his body and mind. Many of these have become common elements in the current freediving scene.

Dubbed “*the Deepest Man on Earth*” after his No Limit world record to 214m (702’), This is the ultimate discipline in which by far the greatest depth is achieved with a weighted dive-sled and buoyancy device. Herbert continued his quest to dive deeper below the surface of the sea. This pioneering spirit led him to the deepest freedive ever made, in a project called *Extreme 800*, with a dive to 253m (830’).



BACK FROM THE ABYSS

The “*Extreme 800*” was a daring No Limit freedive into the depths of the sea, using advanced sled-technology and safety measures. While the high safety standards, detailed planning and preparation of the dive would eventually save Herbert’s life, he would nevertheless pay for it with his health, his relationship, his resources, and possibly his future.

Herbert reached 253m/830ft, a Guinness World Record, but he suffered severe decompression sickness fifteen minutes *after* completing the dive. This resulted in multiple brain strokes, leaving him unable to walk, speak, or care for himself.

Not willing to accept his situation, he returned to what he did best: identifying his limits, and overcoming them. This time, however, his life depended on it. Using the same insights into his psychology and physiology that made him a world champion freediver, he was determined to regain his health and independence. His recovery-methods were controversial, and he received little support, yet he continued undeterred.

Two years later, against all odds, Herbert is fit and deep-freediving again.



GENESIS

Herbert's unique freediving career started with a single coincidence. In the late nineties, while he was on the way to a scuba dive safari, his diving equipment got lost somewhere in transit. So Herbert went snorkeling instead of scuba diving during the entire vacation.

There, he discovered his natural talent for freediving. He was fascinated by the nature of this sport and was progressing fast. After freediving for ten days only, he was 2m (6.5') short of the Austrian National record.

He continued to become a multiple world champion, and set 33 world records across all freediving disciplines:

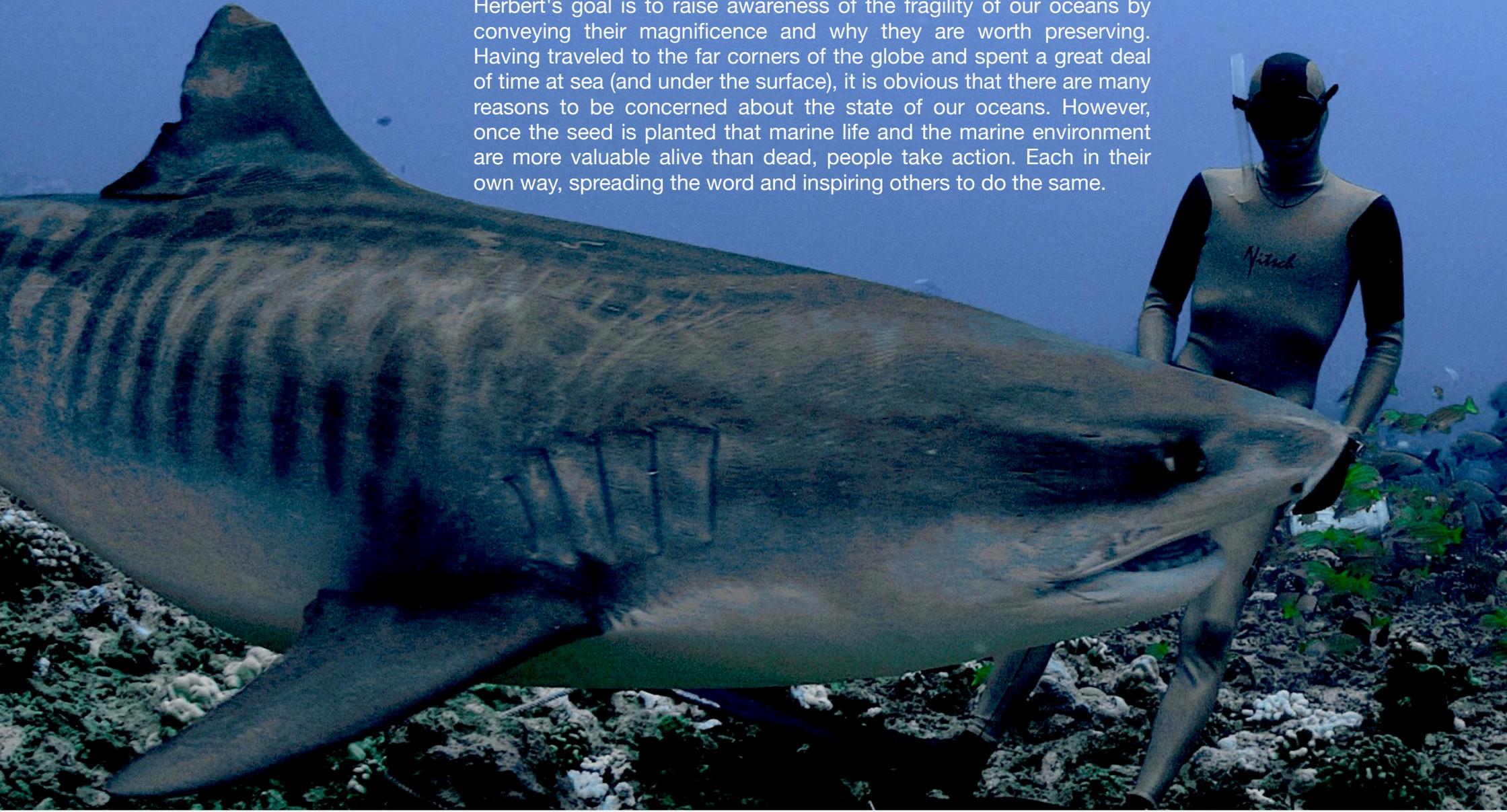
- 1 WR: Static (9+ min breath-hold)
- 4 WR: Dynamic Apnea
- 2 WR: Dynamic Apnea without Fins
- 9 WR: Constant Weight
- 4 WR: Constant Weight without Fins
- 6 WR: Free immersion
- 1 WR: Variable Weight
- 5 WR: No Limit
- 1 WR: Skandalopetra



OCEAN CONSERVATION

Herbert travels the world, freediving and filming in remote marine areas to raise interest in ocean conservation. He is an Ambassador for [Sea Shepherd Global](#).

Herbert's goal is to raise awareness of the fragility of our oceans by conveying their magnificence and why they are worth preserving. Having traveled to the far corners of the globe and spent a great deal of time at sea (and under the surface), it is obvious that there are many reasons to be concerned about the state of our oceans. However, once the seed is planted that marine life and the marine environment are more valuable alive than dead, people take action. Each in their own way, spreading the word and inspiring others to do the same.



A freediver is shown sitting on a ledge underwater. The diver is wearing a white tank top, dark shorts, and a diving mask. They are positioned on the left side of the frame, looking towards the camera. The background is a deep blue, slightly hazy underwater environment. The text is overlaid on the right side of the image.

IN THE NEWS

On land, Herbert is a well-sought after lecturer and key-note speaker for corporate events.

While no longer competing, Herbert's passion of freediving brings him to unique dive-spots around the planet. Print and TV media world wide continue to cover his adventures.

Herbert has graced the pages of Red Bulletin, Men's Health, GQ, Playboy, ESPN, Spiegel, Apnea, Deep, Tauchen, Stern, FOCUS, GEO, Paris Match, Penthouse, L'Equipe, Le Matin, HOME, Profil and many others. And over a dozen authors have dedicated a chapter of their book about Herbert.

He has appeared on various radio shows, podcasts, TV shows, and documentaries for CBS 60 Minutes Sports, Red Bull, BBC, ORF, ZDF, ARTE, SRF, UPPROX, and Stern TV.

Partners included Breitling watches, Hyundai, Landrover, Shell V-Power, Coors Miller Light, SeaBob, Canon cameras, Trygons freedive equipment, FilmOn, SeaCam.

*Each time I think I've reached a limit...
there is a door...
it opens...
and the limit is gone.*

Herbert Nitsch



