



Benny Fischer, married to Britt Costenoble, was always sporty. He played indoor football, in 2<sup>nd</sup> national, for several years. When he was 29 years old, he exchanged football for running. He joined Bredene Sport Running Team. In 2015 he ran his first marathon at Rotterdam in a time of 2 hours and 45 minutes.

## **You are an ambassador of Boost Your Sport. How should we see this?**

Ambassador of Boost Your Sport means that I, as an athlete, stand behind their vision of natural supplements. All of their products are made of natural products. I am very satisfied with their Power- en QR strips. They are my favourite products. These products make the difference when I'm having heavy legs, small pains or injuries. As a result I can continue my training and in addition also make progression.

## **You ran quite a few personal records. Do you think that there is still a lot of progression possible?**

I'm running for five years now and each year I was able to take a step forward. Last year I couldn't have imagined that a marathon time of 2 hours and 27 minutes was possible. This year I also ran 8 minutes and 42 seconds on the 3000 meter. I hope to set a new personal record on the marathon at Eindhoven. I also believe that I can still make some progression. I'm feeling stronger and faster as last year. If you won't try it, you'll never know. The key is effort. If you pulled out all the stops, you can't blame yourself.

## **Do you still have personal records that you wish to improve?**

I would definitely like to set a new personal record on the marathon. I already have a good time, but an athlete always wants more. In any case, I'll do everything possible to let it happen. I would also like to improve my personal record on the half-marathon. Preferably I like to run the half-marathon under 70 minutes.

## **Do you have a special diet?**

I don't really have a diet. I'm not a professional and I still work full time. Enjoying life should be possible too. During the weekend there's always gin-tonic. Of course I do eat healthy and balanced and I try to absorb all nutrients before as well as during and after the training. At the moment I'm training for the marathon of Eindhoven. I'm making sure that I eat enough and balanced. In addition I also use the necessary supplements of Boost Your Sport. It's mainly vitamins and fish oil. The last weeks before the marathon I'm really focused. At that moment I do follow a diet and I don't drink any gin-tonic. Then I'm focused on the marathon.

## **Which marathon do you like to run once more?**

I still have several marathons on my to do list. First of all I would opt for a faster marathon. Once I do have the feeling that I can't go any faster I would like to run the marathon of New York. The marathons of Valencia, Copenhagen and London are also on my list. Within ten years I'd like to try an ultra as well.

**Thank you for the interview Benny. We wish you good luck.**

**Kevin Simons**