



Stan De Vleminck is the foal of Willem Van Schuerbeeck. This production planner from Merchtem trains eight to twelve times a week. But this wasn't always the way. He wasn't sporting in the past, but you usually would have encountered him in the local pub.

What are your ambitions on the short and long term?

At the moment I'm recovering from a jumpers knee, a well known problem by runners. I've been taking additional measures for seven weeks and I hope to start training normal again soon. My ultimate dream is to finish the marathon within 2 hours and 30 minutes. This spring, during the marathon of Rotterdam, everything seemed to go well. I ran side by side with a team mate up to five kilometres before the finish. I started having pain in the calves and had to be pleased with a time of 2 hours and 33 minutes.

Which running discipline do you prefer?

The marathon distance remains my favourite.

Which race do you have the most beautiful memories?

That's the Great Breweries Marathon. This one passes most of the time through my own town, Merchtem. On top of that you also cross the woods of Buggenhout. I started without making concrete plans. I just wanted to run a bit for fun. Winning this marathon in a time of 2 hours and 36 minutes was the icing on the cake. It was a wonderful feeling.

How does an average training week look like?

Most of the days I'm running towards my work and back. In the morning it's a recovery training of twelve kilometres. In the evening I just make an additional lap. This also depends on the training scheme. Willem Van Schuerbeeck, my coach, prepares them for me. I run eight to twelve times a

week, meaning I run about 150 km on average per week. During the peak weeks I run around 190 km. Each week I train at least once on the track, once specifically for the marathon and I also plan a long distance training.

What else do you wish to share with other runners?

Enjoy running. It's a beautiful sport. You might put a lot of time and energy in it, but you also receive a lot of energy.

Did you run in the past or did you practice other sports?

I'm running for three years now. I wasn't exercising before. You usually could find me in a local pub.

You are running for about three years now and you are running marathons fast. Did you run a marathon in the first year too?

I started with start to run in spring. I could immediately run together with the "fastest" team. Back then I ran twice a week for about 10 km. At the end of April I decided to run a marathon. Assisted by Willem and strong willed, I started my training. My goal was to finish within 3 hours and 30 minutes. That seemed achievable for of a healthy young man.

Thank you for the interview Stan. We wish you good luck.

Kevin Simons