



Wouter Decock, Belgian champion 100 kilometre, runs very fast on the 100 kilometre distance. He also enjoys the marathon, 50 kilometre or 50 mile distances. For him, the marathons and 50 kilometre races are usually trainings. He also likes to run six hours because you know in advance how long you need to run, and at the end every meter feels like some kind of bonus.

What plans do you have for the near future?

The first goal is the 100 kilometre of Winschoten on 9 September. It becomes an international race with top athletes from Spain, Germany, the United Kingdom and Russia. And for many participants this is also a qualifying race for the world championship at Croatia, that will take place in 2018.

Of all the races you ran, which one is the most beautiful?

If I could pick the three most beautiful ones, I would place on number one the Kronion Perasma at Greece, where you run 70 kilometre. On number two the Ultramaratona del Gran Sasso at Italy, where you run 50 kilometre. And on number three the Ultravasan at Sweden, where you run 90 kilometre. It are all races where you don't run in rounds, but in one big lap or from point to point. The corresponding altimeters do make the race tough, but they also give you beautiful vistas. Suffering and enjoying at the same time. The '6000D' at La Plagne, France is also a nice ultratrail. The highest point here is a glacier at about 3000 meter altitude. In 2013 I started here, but I twisted my ankle and had to be brought back by helicopter.

Do you think that, on the world championship or the Belgian championship, you'll improve your time on the 100 km?

At the moment I'm training at my limits. I get the most out of my body and I respect the necessary resting periods. This way I can always supercompensate well and achieve good results. I don't know whether I can improve my time of 6 hours and 33 minutes, which I ran at Steenwerck. In order to do so everything has to be there on race day. Good weather conditions, mental strength, good legs and no stomach and intestinal complaints. What also helps is the ability to run in a group that runs at an even pace. This was for example the case at the world championship at Winschoten in 2015. That race only started in the last 20 kilometres.

Do you split up your 100 kilometre race in blocks? Or do you just run the race?

I decide the starting pace in advance. Depending on my condition and the weather conditions this is between 3 minutes 45 seconds and 3 minutes and 55 seconds per kilometre. I also take into account a slight decline in the second half of the race. If I can run in group, there is always a possibility that I deviate from the timings I have set in advance. Usually I split up the race into four moments. This is usually after 25, 50, 60 and 80 kilometres.

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

Kevin Simons