

## Meet the Coach



After MTC's decision to hire a part-time coach to work in group sessions with club members, Stephen Fluet was picked for the job in June. Since then he's been working with members who show up on Tuesday evenings on interval work and general training guidance. He also helps the group prepare for longer training

runs on Sundays. Steve has the challenge of working with a variety of abilities and goals, from the 5K to marathon, but he's been bringing it all together so far with a combination of grass and track training.

Our Tuesday workouts began with 2- and 6-minute intervals running on the grass perimeter of Payson Park. This, he said, would be both "forgiving" and would build ankle and calf strength (this runner can tell you that the training proved very helpful recently on the grass and woods trails of the Gorham 2.8 mile Cross Country Race). On July 12th the Tuesday sessions moved to the Portland Expo track, where we've been working on 220 and mile repeats.

Steve's coaching philosophy calls for individually tailored training programs that allow the runner to see his or her progress, at the same time using variety as a means of motivation. And, he says, "Keep it simple and enjoyable!" Within this framework, he recommends training programs in four-week cycles, cross training, daily stretching, the use of heart monitors, using a training log on a daily basis, and biweekly long, slow runs to build both cardiovascular endurance and an increase in fat-burning capabilities.

A graduate of Norwich University majoring in physical education/sports medicine, Steve

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## Meet the Coach, *continued*

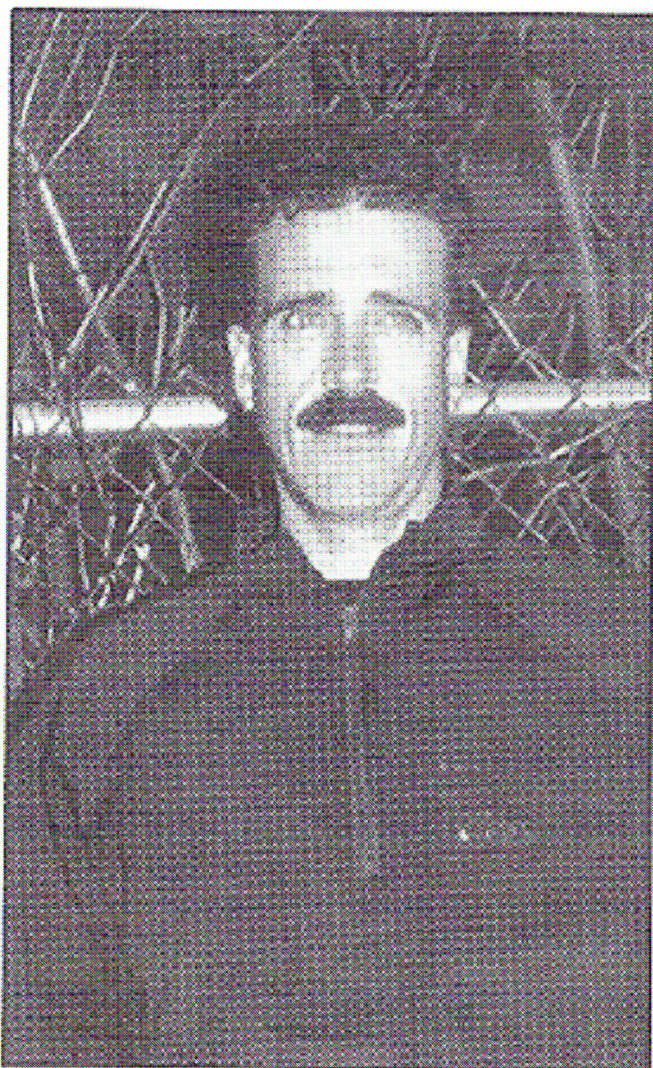
works as a fitness counselor and also as a physical education teacher for the South Portland School Department. His background indicates that he comes to MTC not only well qualified but having had some fun along the way. He's been an assistant coach for Bates College's cross-country ski team, a cycling and cross-country coach at the Groton School, and a strength and conditioning coach at the University of Lowell, where he also did graduate work.

Steve finished the Boston Marathon in 1990 in 2:50, and finished 8th and 10th, respectively, in the 1992 and 1993 Maine Marathons. He's taken part in various "ironman" races, coming in 260th out of 1500 at the Hawaii Ironman World Championships in 1991. In addition, he has competed on a championship level in indoor rowing and flatwater canoe racing.

Steve and his wife, Allison, reside in Cumberland.

--Pat Buckley

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