

Pierre

35 years old
Marketing executive
French, lives in Lisbon, Portugal



Run

What sports do you practice?
I'm a versatile athlete, combining elements from various sports. I regularly engage in running, cycling, and swimming. Running is my core focus, and I've recently incorporated some muscle-building exercises into my routine.

How often do you run?

I aim to run at least four times a week, incorporating both short sprints and long-distance sessions. It provides a good balance for my overall fitness and mental well-being.

When was the last time you went out for a run?

Just yesterday, covering a scenic route along the coast of Lisbon. The sea breeze adds a refreshing touch to my runs.

Races

What was the last race you ran?

My most recent race was a half-marathon last month, taking advantage of the picturesque views in Lisbon. The experience was both challenging and invigorating.

How was it? Tell me about the experience you had.

I had trained meticulously for the race, focusing on pacing and hydration. Unlike past experiences, I managed to avoid the fatigue that haunted me during my first marathon attempt. Crossing the finish line was a triumph, with the backdrop of the cityscape providing an extra layer of satisfaction.

What would you have done differently? Why?

Looking back, I would have paid more attention to my pre-race nutrition. Ensuring a balance between energy intake and hydration is crucial for optimal performance.

Hydration

What do you remember about the way you hydrated?

Hydration is a key aspect of my routine. I carry a hydration belt with me, making sure to sip water regularly during my runs. It prevents the issues I faced during my early days of running when I neglected proper hydration.

Have you ever found yourself in trouble due to hydration? What happened?

In the past, I underestimated the importance of staying hydrated, leading to cramps and fatigue. Those experiences taught me the value of consistent water intake, especially during longer runs.

What would you never do again? Why?

I'll never compromise on hydration. Forgetting my water bottle during a run is a mistake I won't repeat, as it directly affects my performance and recovery.

Training

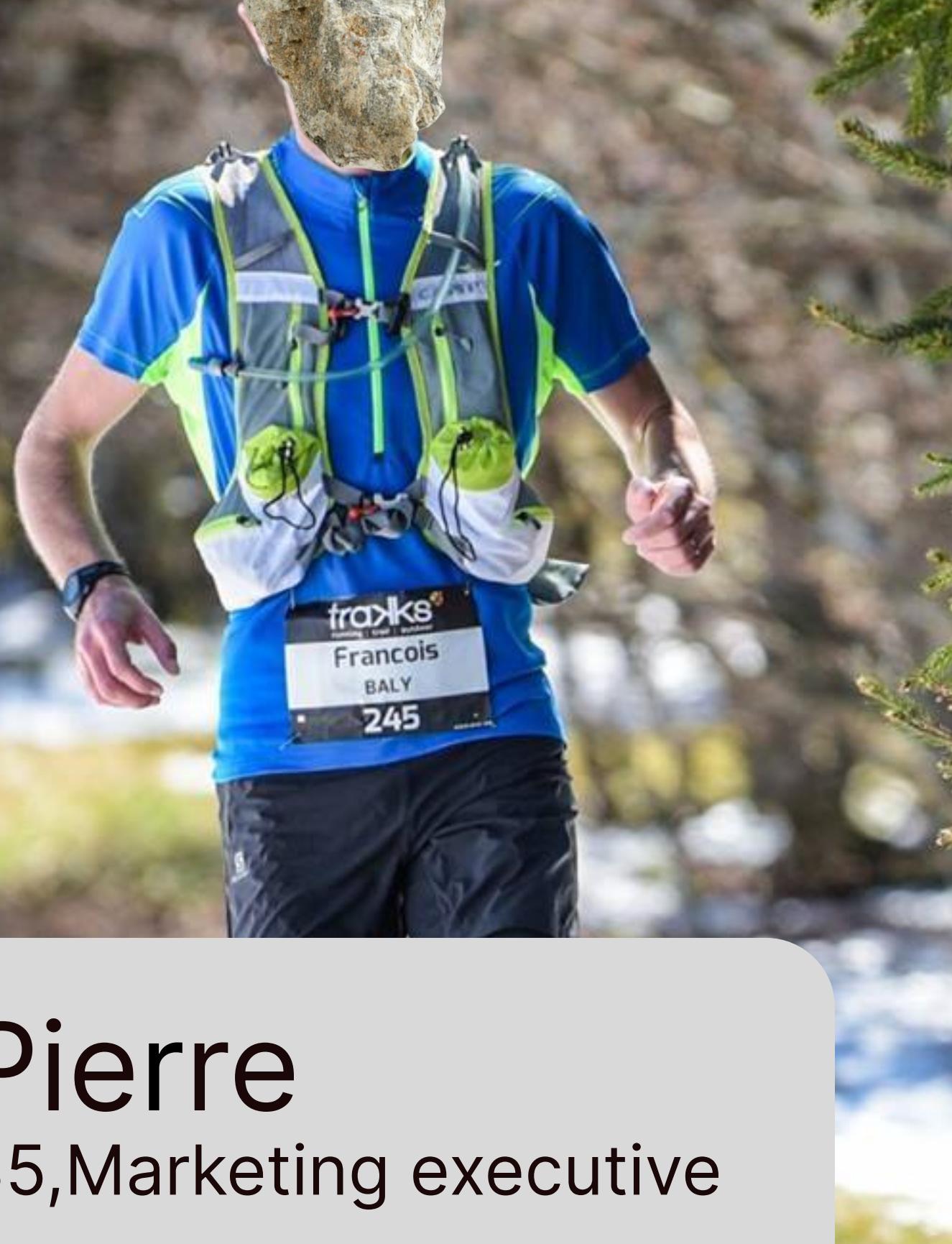
How do you structure your training sessions?

I follow a well-rounded training plan, incorporating interval training, long runs, and strength sessions. My focus is not only on improving my running speed and endurance but also on overall fitness and injury prevention.

What motivates you to keep running?

The sense of freedom and accomplishment that running brings is unmatched. It allows me to clear my mind, set new goals, and stay physically active.

Plus, the running community in Lisbon is fantastic, providing a supportive network that keeps me motivated.



Pierre
35, Marketing executive

Hometown: Lyon, France

lives in Lisbon, Portugal

“ PASSIONATE ABOUT RUNNING AND FITNESS, I BLEND VARIOUS SPORTS DISCIPLINES TO MAINTAIN AN ACTIVE AND BALANCED LIFESTYLE.

ABOUT :

pierre, the passionate runner from Lyon turned lisbon enthusiast, is a 35-year-old marketing executive. his love for running has evolved over the years, becoming a source of both physical and mental well-being. in addition to his regular running sessions, pierre incorporates strength training exercises to ensure a comprehensive workout.

GOALS:

1. CONTINUOUS IMPROVEMENT:
pierre is driven by the desire to consistently challenge and improve himself in the realm of running. his recent achievement in completing a half-marathon marks a significant milestone in his journey toward becoming a more accomplished runner.

2. STRATEGIC TRAINING:
setting realistic goals, he aspires to refine his training approach. he seeks to develop a more strategic and tailored plan that aligns with his fitness level and long-term objectives.

FRUSTRATIONS:

1. DEHYDRATION CHALLENGES:
pierre has faced recurring issues of dehydration during his races, impacting his performance and overall experience. this frustration has become a catalyst for him to reassess and enhance his hydration strategies, aiming for a more seamless and enjoyable running experience.

1. LEARNING FROM SETBACKS:
despite his achievements, pierre acknowledges the need to transform challenges into learning opportunities. frustrations with dehydration serve as motivators for him to identify areas of improvement, both in his race strategy and overall approach to long-distance running.

Phase 1: Preparation

Timeline: 3 months before the marathon

Phase 2: Race Day

Timeline: The morning of the marathon

Phase 3: Post-Race Reflection

Timeline: The days following the marathon

1. Action: Receives confirmation for the upcoming marathon.

• Thought: "Excitement building up, time to prepare for the challenge!"

• Emotion: Anticipation

2. Action: Collaborates with his sports coach to create a personalized training plan.

• Thought: "Need a strategy tailored to my fitness level and goals."

• Emotion: Determination

3. Action: Researches and invests in high-quality running gear.

• Thought: "The right equipment is crucial for a comfortable run."

• Emotion: Contentment

4. Action: Focuses on nutrition, incorporating a balanced diet into his routine.

• Thought: "Fueling my body properly is key to performance."

• Emotion: Discipline

1. Action: Wakes up early, nerves kicking in.

• Thought: "Today's the day, feeling a mix of excitement and nervousness."

• Emotion: Jitters

2. Action: Begins the race, pacing himself alongside other runners.

• Thought: "Staying true to the training plan, no need to rush."

• Emotion: Focus

3. Action: Hits the halfway mark, encounters friends cheering him on.

• Thought: "Their support is motivating, feeling a surge of energy."

• Emotion: Gratitude

4. Action: Experiences the challenging last kilometers, feeling fatigued.

• Thought: "Digging deep, it's tougher than expected."

• Emotion: Determination

5. Action: Crosses the finish line, achieving a personal milestone.

• Thought: "Overcame obstacles, the sense of accomplishment is overwhelming."

• Emotion: Elation

1. Action: Reflects on the race, considering highs and lows.

• Thought: "Learned a lot about my endurance and areas for improvement."

• Emotion: Reflection

1. Action: Celebrates with friends and family, sharing the experience.

• Thought: "Their pride in my achievement boosts my joy."

• Emotion: Happiness

1. Action: Identifies areas for improvement, including hydration strategies.

• Thought: "Dehydration was a challenge, time to refine my approach."

• Emotion: Determination

1. Action: Plans for future races, adjusting training based on lessons learned.

• Thought: "Continuous improvement is the key to reaching new goals."

• Emotion: Optimism