

Goals

Finish races feeling well-hydrated and focused.

Avoid performance drops due to dehydration.

FRUSTRATIONS

Tries to drink water during runs but often struggles to keep a regular schedule.

Loss of focus and decreased performance when ignoring thirst signals.

Habits

Tries to drink water during runs but often struggles to keep a regular schedule.

Participates in races occasionally (1–3 times per year).

Pierre

- AGE: 32 YEARS
- PROFESSION: ENGINEER
- CITY: LONDON, UK

