

Analysis of Shared Experiences and Running Strategies: Frequency, Preparation, and Hydration

Guillemette et Joe

Run regularly, at least once a week.

William and Joe

Emphasize the importance of mental preparation for long races.

Guillemette, Joe and Nathan

- Have all taken part in half-marathons or 10km races.
- Mentioned the importance of progressive training.

Joe, Nathan et William

Have mentioned difficulties or experiences related to hydration management during races.

- William had problems due to poor salt planning.
- Nathan had problems with mental and physical clarity due to dehydration.

Shared or Coherent Informations

Guillemette et Joe

Practice complementary sports such as swimming and surfing.

William and Joe

Realized the importance of constant speed and good resource management to avoid exhaustion.