

# insights from seasoned athletes

- Apart from water, drinks soda or beer for hydration  
(Antoine, Guillaume, William)
- Enjoys other sporty activities apart from running  
(Antoine, Guillaume, Guillemette, Joe, Nathan, William)
- Drinking too much water before a race hurts the stomach  
(Anaëlle, Nathan)
- Runs 3-4 times a week  
(Antoine, Joe, Anaëlle)
- Participated in a marathon  
(Anaëlle, Guillaume, Joe, William)
- Drinks a minimum of 1L of water before/after a race  
(Anaëlle, Guillemette, Guillaume)

