

User Interviews

Insights

1. William highlighted that preparation is based on experience and emphasized the importance of finding comfort in discomfort.
2. Antoine stated that he would have set his priorities right and wished he had run at least three times a week to improve his pace and race strategy.
3. Anaëlle shared her experience of realizing that her training was not adapted to her shape and structure, noting that she wanted to sprint to the finish line but ended up requiring assistance from a rescue team due to fatigue.
4. Guillemette mentioned that regular running is essential and reflected on her careful attention to hydration, while feeling under-prepared for her race.
5. Guillaume acknowledged that he should have stopped drinking alcohol much earlier and emphasized the need for a healthier lifestyle in preparation for races.
6. Joe expressed that the actual marathon was enjoyable but noted that it was quite challenging, admitting he started too fast and was exhausted by the end.
7. Anaëlle emphasized the significance of hydration, mentioning that she made sure to drink plenty during training and on race day as it can greatly affect performance.
8. Guillaume reflected on the pressure he felt at the marathon, sharing that he had never run that distance before, which added to the intensity of the experience.