

**Name** : Pierre

**Job Title** : 32, Marketing Manager

**Location** : Paris, France

**Background**

Pierre is an urban professional living in Paris, managing a fast-paced job in marketing while balancing his passion for running. He began running as a form of stress relief during his university years and has since developed a routine that includes both casual jogging and participating in local races.

**Goals**

- To improve his marathon time and overall endurance.
- To maintain a healthy work-life balance through regular physical activity.

**Challenges**

- Struggles with managing his hydration levels, especially during long runs and races, often forgetting to drink enough before and after his workouts.
- Finds it challenging to balance his training schedule with work commitments, leading to inconsistent practice.

**Habits**

- Running Routine: Runs 3 to 4 times a week, often incorporating both short, high-intensity intervals and longer, steady-paced runs.
- Nutrition: Tries to maintain a balanced diet but occasionally indulges in convenience foods due to his busy schedule. On training days, he focuses on carb intake to fuel his runs.



"During races, I sometimes forget to drink enough, and it really affects my energy levels. I've learned that staying hydrated is crucial, especially if I want to perform well."

**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.
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5. Guillemette mentioned that regular running is essential and reflected on her careful attention to hydration, while feeling under-prepared for her race.