

# Running Interview

## Date and time

11/12/2023

### Run at least 1 times a week

(Anaëlle, Antoine,  
Guillemette, Joe, Nathan, William)

### Hydrate meanwhile/after running

(Antoine, Guillaume, Guillemette,  
Joe, William)

### Training session

(Antoine, Guillemette, Joe)

### Multiple Sport

(Anaëlle, Antoine, Guillaume, Guillemette,  
Joe, William)

### Futurs race

(Anaëlle, Antoine, Guillaume, William)

### Like to run

(all of them seems to like it a lot)

