

# Pierre 20 y/o

Lives in Lisbon, Portugal

## Run

### What sports do I practice?

I practice running and engage in various physical activities to stay in shape for marathons and to be an effective Pokémon breeder.

### How often do I run?

I run four times a week to maintain a balance between my marathon training and my Pokémon breeding responsibilities.

### When was the last time I went out for a run?

I last went for a run yesterday morning, which was a great way to start the day with energy and focus.

## Races

### What was the last race I ran?

The last race I participated in was the "Silverleaf Sprint 10K," a race known for its beautiful, leafy course through the local park.

### How was it? What was the experience I had?

It was both challenging and fulfilling. I loved the supportive atmosphere and the beautiful scenery, feeling proud at the finish line.

### How did I get prepared?

I prepared by following a balanced training plan that included long runs, speed work, and rest days, all while taking care of my Pokémon.

### What would I have done differently? Why?

I would have incorporated more speed training into my preparation to improve my race time, recognizing its importance for better performance.

## Hydration

### What do I remember about the way I hydrated?

I remember focusing on hydrating well before the race and keeping up with my water intake during the event to stay at my best.

### How did I manage my hydration?

I carried a water bottle and planned ahead for hydration stops, making sure I stayed hydrated without going overboard.

### Have I ever found myself in trouble due to hydration? What happened?

Yes, once I underestimated my hydration needs on a particularly hot day and ended up mildly dehydrated, but I learned to always prepare for the weather conditions.

### What would I never do again? Why?

I would never neglect my hydration plan again because staying properly hydrated is essential for both my performance in running and my effectiveness in Pokémon training.

### Is there anyone I know who runs frequently and would be available for a talk?

Yes, I have a friend, Alex, who is also an avid runner and has completed several marathons. Alex is always happy to share running tips and experiences, and I believe would be open to a conversation.