

Pierre's Hydration Management During Endurance Races

Problem Statement

Ideal Situation:

Ideally, Pierre would be able to maintain optimal hydration levels before, during, and after his endurance races, allowing him to perform at his best and prevent dehydration. Pierre would have access to a structured, data-driven hydration plan that fits seamlessly into his busy life as a Project Manager, balancing both his work and his passion for running.

Reality:

Currently, Pierre struggles with staying consistently hydrated during long races, which negatively impacts his performance and recovery. His demanding work schedule makes it challenging to track and maintain a regular hydration routine, and the lack of a personalized, data-driven hydration plan means he often underestimates his hydration needs during races. This problem was identified during user interviews and analytics reviews, revealing that many amateur runners face similar hydration challenges due to competing time demands.

Consequences:

Due to inconsistent hydration, Pierre experiences dehydration during races, which affects his stamina and overall performance. The lack of a structured hydration strategy costs him valuable time and energy, leaving him unable to reach his personal bests and creating frustration. This also raises health risks related to endurance running, as inadequate hydration can lead to cramps, fatigue, and longer recovery times. Without a solution, Pierre and similar amateur athletes will continue to face these performance and health challenges, reducing their ability to balance work, training, and personal goals effectively.

Proposal:

To address this problem, we need to explore solutions that provide Pierre with a personalized, data-driven hydration plan that is both easy to implement and adaptable to his daily routine. This approach would help Pierre manage his hydration needs efficiently, without detracting from his work or training schedule. Potential solutions could involve tracking hydration data, providing reminders, and using insights to tailor hydration advice for different stages of training and racing, empowering Pierre to achieve his athletic goals more consistently.