

Insights from Runners

1. Runs several times a week (William, Joe, Nathan, Guillaume, Anaëlle)
2. Prioritizes hydration management during long runs (William, Joe, Anaëlle)
3. Experiences challenges related to hydration and electrolytes during races (William, Joe, Anaëlle)
4. Finds comfort in running with friends or peers (Joe, Nathan, Guillaume)
5. Uses experience from past races to improve preparation (William, Nathan)
6. Incorporates varied training methods (cycling, swimming) into running regimen (William, Joe)