

Pierre, The Marathon Metrics Master



Pierre Dubois

32, PROJECT MANAGER

HOMETOWN: PARIS, FRANCE

Goals

- Improve personal best race times
- Develop and maintain a consistent hydration strategy
- Efficiently balance work and training schedules

Frustrations

- Dehydration impacts race performance
- Difficulty in consistently managing hydration due to busy schedule
- Lack of effective guidance on implementing data-driven hydration strategies

I have a passion for pushing my limits and using data to improve my performance

About

Pierre is a tech-savvy Project Manager with a keen interest in endurance running. Despite his busy schedule, he dedicates significant time to training and improving his race times. Pierre's analytical mindset drives him to seek data-driven solutions for enhancing his performance, particularly in managing hydration during long races.

Habits:

- Trains 3-4 times per week, mostly in the evenings
- Focuses on improving endurance but often overlooks hydration
- Regularly monitors performance metrics using running apps and devices

Pierre represents a group of amateur runners who struggle with balancing their professional lives with their passion for running and optimizing their athletic performance. His consistent training habits demonstrate his dedication, while his tendency to overlook hydration highlights an area for improvement in his routine.