

Athlete-Keep-Hydrated: Key Insights from User Interviews

Insight 01

Most runners do not have a set hydration plan that they stick to (Anaëlle, Antoine, Guillaume, Guillemette, Nathan).

"It's poorly managed. I'm really dehydrated." **Nathan**

"I didn't prepare anything." **Antoine**

"Very badly I think" **Guillemette**

Insight 02

Some runners rely on water provided by race organisers, which are sometimes far in between (Anaëlle, Antoine, Guillaume).

It's not practical, they give you a cup with water during the race." **Anaëlle**

So I had the hydration bags they gave along with the race." **Joe**

Insight 03

Most runners increase their training frequency and distance-run in preparation for races (Anaëlle, Antoine, Guillaume, Guillemette, Joe, William).

"I ran a little more regularly and tried to run at least 10 km in my training sessions." **Guillemette**

Insight 04

Several runners mentioned the importance of not drinking alcohol leading into a race, which may have some impact on hydration (Guillaume, Antoine).

"I should have stopped drinking alcohol much earlier" **Guillaume**

"I know we should not drink alcohol before the race. But I went out with friends and drank alcohol the night before. I went home early though." **Antoine**

Insight 05

Several athletes also took energy drinks and or supplements alongside water (William, Guillaume).

"I drank water without additives and coca-cola... In terms of diet; in coca-cola there is sugar and caffeine. Having both is perfect... On very long runs, I also take BCAA amino acids." **William**

Insight 06

Hot days increase the need for hydration. (Joe, Anaëlle).

"I remember it was quite a hot day. It was really hard. [...] But since it got hot, I really felt the heat and the fatigue. So I had the hydration bags they gave along with the race." **Joe**

"When it is very hot I avoid to leave without water." **Anaëlle**

Insight 07

Most runners are aware of hydration good practice but do not always follow them (Guillere, Antoine, Joe, Nathan).

"Before running a race, you need to make sure you get hydrated the day before, as well as all the stupid things you should do the day before...I didn't prepare anything. I knew there were stands along with the race." **Antoine**