INSIGHTS

ATHLETE KEEP HYDRATED

DRINK BEFORE THE RACE TO AVOID DEHYDRATION PROBLEMS

Anaëlle “
Antoine “
Guillemette “
Nathan “

USE WATER-CARRYING SYSTEMS SUCH AS CAMELBACKS

“ Anaëlle
“ Antoine
“ Nathan
“ Joe

PLAN HYDRATION STOPS AND USE REFRESHMENT POINTS

Antoine ”
Nathan ”
Joe “

SPECIFIC HYDRATION SOLUTIONS FOR LONG RUNS AND STOP ALCOHOL EARLIER

“ William
“ Antoine
“ Guillaume
“ Nathan

INCLUDE TRAINING SESSIONS TO GET USED TO HYDRATION ON THE RUN

Anaëlle “
Nathan “

AVOID FORCING YOURSELF TO AN UNREALISTIC PACE AND PREPARE YOURSELF BETTER

“ Anaëlle
“ Antoine
“ Guillemette
“ Nathan