



PIERE

34,marketing manager

Current location:Paris,france



I try to drink 1.5L a day, I always have my bottle with me. What I missed was a camelback. You can quickly waste time. It's not practical, they give you a cup with water during the race but it's not practical. For the training, I will train with my camelback and for the long races I will have water with me

ABOUT PIERE

Pierre, 34, is a French marketing manager in Paris who runs 3-4 times weekly. He views running as both fitness and meditation. Pierre prefers social running, often meeting friends for 8-15 km runs. He recently completed his first marathon, finding it challenging due to inadequate preparation, especially for hydration. Like others, he's experienced dehydration issues on longer runs. Pierre plans to improve his training consistency, focus on proper hydration, and prepare better for future races. He enjoys local 10k and half-marathon events, and uses running to clear his mind after work

PEIRE'S GOALS

- 1.Improve his marathon time in the next year
- 2.Maintain a healthy work-life balance through consistent running

PEIRE'S HABIT

- 1.Coordinates runs with friends via text messages
- 2.Maintain a healthy work-life balance through consistent running

PEIRE'S FRUSTRATION

- 1.Struggles with proper hydration during longer runs
- 2.Find it difficult to maintain training consistency when works get busy

INSIGHT FROM THE INTERVIEW

- 1.Doesn't drink water before race stomach hurts(Nathan)
- 2.Run races with friends or peers (Joe,Nathan,Guillaume)
- 3.Run several times a week(Joe,William,Nathan,Anaella,Guillaume)
- 4.Engages in other sports apart from running(Guillaume,Nathan,Joe,Guillemette,Antonie,Anaella)
- 5.Manages hydration during race(Guillaume,William)
- 6.Emphasize post run hydration (Guillaume,Guillemette)