

INSIGHTS FROM RUNNING AND HYDRATION INTERVIEWS

- ***Running Frequency and Motivation***



Info

Many interviewees run several times a week, with motivations varying from physical fitness to mental clarity and meditation.

Respondents: Joe, Nathan, Guillaume, Anaëlle, William.

- ***Social Aspect of Running***



Info

Running with friends or peers increases motivation and enjoyment, especially for those who find it hard to go solo.

Respondents: Guillaume, Joe, Nathan

- ***Challenges with Hydration Management***



Info

Managing hydration during long runs or races is often challenging, with many runners feeling dehydrated during races.

Respondents: Joe, William, Nathan.

- ***The Importance of Electrolytes and Salt***



Info

For long-distance and endurance running, it's essential to manage electrolyte levels, especially salt, to avoid muscle fatigue and cramps.

Respondents: Anaëlle, William.

- ***Avoiding Large Amounts of Water Pre-Race***



Info

Drinking too much water right before a race can cause stomach discomfort; runners generally drink more throughout the day before.

Respondents: Nathan, Anaelle.

- ***Experience and Preparation as Key for Races***



Info

Those with experience prepare extensively, often gradually increasing their training distances to build mental resilience for races.

Respondents: Joe, William.