

## Pierre user journey through a half marathon

### PERSONA

Pierre is a translator runs 3 times a week, participated in many marathons and half marathons, had many hydration problems in past experiences.

### SCENARIO

Pierre is participating in the upcoming half marathon next month.

### GOALS & EXPECTATIONS

to do less than 1H50 during half marathon and take care of the hydration

#### Phase 1

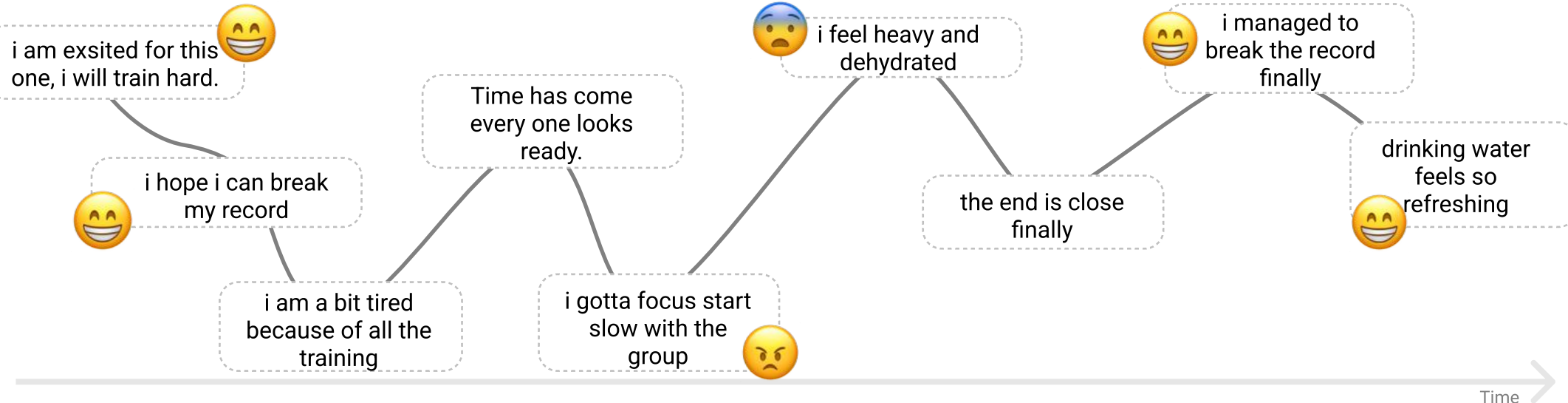
1. register
2. train
3. be healthy

#### Phase 2

4. start with slow pace
5. speed up the pace

#### Phase 3

6. Rest
7. Drink water



### OPPORTUNITIES

should have rested well before the race

### OPPORTUNITIES

i needed to take better care of my hydration and drank more