



# Pierre

*"I don't hydrate a lot before the race because the water hurts my stomach"*

## ABOUT

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

<i>AGE</i>	32
<i>OCCUPATION</i>	translator
<i>INCOME</i>	\$50k
<i>STATUS</i>	Single
<i>LOCATION</i>	Portugal

## GOALS

- run short races at a fast pace.
- to do less than 1H50 during half marathon

## HABITS

- run 3 times a week
- drink water after the activity

## FRUSTRATION

- forgetting the water bottle
- drinking before I run

## INSIGHTS

- didn't do many races because of covid.
- Runs several times a week on regular basis
- Doesn't drink too much right before the race because it hurts my stomach
- did a water related activity besides running