

eabderrahma

User Interviews// Hydration & Running

AUTHOR: **ABDERRAHMAN ELMAHMOUDI**

DELIVERABLE: USERINTERVIEWS INSIGHTS

VERSION: V1

2025/10/06

<https://elmahmoudi.42web.io>

Table of Contents

Extracted insights from seven athlete interviews to identify behavioral and physical pain points around hydration, preparation, and running routines.

The goal is to guide the creation of a non-digital solution that improves hydration experience before, during, and after running.

I. Regular training creates repeated hydration needs	3
II. Runners avoid heavy drinking just before races due to stomach discomfort	4
III. Access to water during races is inconvenient or insufficient	5
IV. Heat and forgetting water amplify risks	6
V. Social context influences hydration habits	7
VI. Learning about hydration comes late, often after issues	8
VII. Post-run heavy drinking instead of during-run hydration	9
VIII. Long-distance runners face salt and energy logistics	10
IX. Financial Plan	11

Regular training creates repeated hydration needs

PAGE 3

Insight 1

Statement:

Most participants run several times a week, making hydration a regular habit rather than an occasional concern.

Evidence:

Most participants run several times a week, making hydration a regular habit rather than an occasional concern.

Why it matters:

Non-digital solutions should integrate seamlessly into frequent training routines, not just on race day.

feel free to take notes on me

Runners **avoid** heavy drinking just before races due to stomach discomfort

PAGE 4

Insight 2

Statement:

Many runners avoid hydrating right before running because it causes discomfort or stomach pain.

Evidence:

Anaëlle ("it stays in my stomach, it's awful"), Nathan ("water hurts my stomach"), Antoine ("you don't want to pee during the race").

Why it matters:

Solutions should guide the timing and portion of pre-race hydration to maintain comfort.

Access to water during races is inconvenient or insufficient!

PAGE 5

Insight 3

Statement:

Participants found it difficult to hydrate properly during races due to impractical cups or lack of supplies.

Evidence:

Anaëlle (“cup... not practical”), Guillaume (no hydration during 30 km), William (“must recharge with what exists on the race”).

Why it matters:

Points toward improved carriers, refill access, or redesigned water stations.

feel free to take notes on me

Heat and forgetting water amplify risks

Insight 4

Statement:

Runners reported significant drops in performance or even health risks when running under heat without proper hydration.

Evidence:

Anaëlle (“in hot weather I avoid to leave without water”), Nathan (“your body slows down”), William (“the hotter it is the more salt you need”).

Why it matters:

Solutions could include visual cues, salt reminders, or compact bottles for hot weather runs.

Social context influences hydration habits

Insight 5

Statement:

Running with others shapes both motivation and hydration behavior.

Evidence:

Guillaume ("I'm a social runner"), Joe (ran with friend), William (solidarity between riders).

Why it matters:

Non-digital aids could leverage buddy systems or team cues for hydration reminders.



Learning about hydration comes late, often after issues

PAGE 8



Insight 6

Statement:

Most runners understood hydration importance only after negative experiences or exhaustion.

Evidence:

Joe (“I didn’t prepare myself enough”), Guillaume (“realized how important it was to drink”), Guillemette (“you have to train your body before”).

Why it matters:

Non-digital educational tools or habit checklists can encourage proactive hydration training.

feel free to take notes on me

Post-run heavy drinking instead of during-run hydration

PAGE 9

Insight 7

Statement:

Runners tend to overhydrate after training to compensate for low intake during exercise.

Evidence:

Guillaume (“drank 2–3L after”), Joe (“I drank a lot after”), Guillemette (“I drink after each workout minimum 1 L”).

Why it matters:

Improving during-run hydration could reduce exhaustion and promote recovery balance.

feel free to take notes on me

Long-distance runners face salt and energy logistics



PAGE 10

Insight 8

Statement:

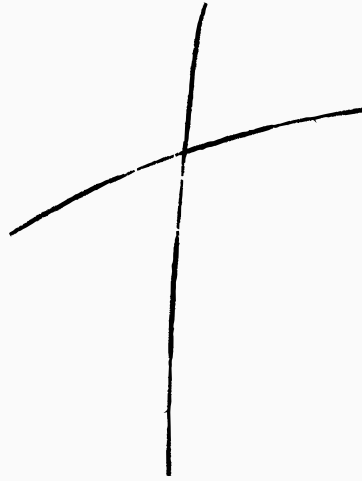
Ultra runners manage complex hydration involving salt tablets and energy drinks.

Evidence:

William (salt tablets, energy drinks).

Why it matters:

Non-digital checklists or physical prep kits can prevent critical salt mismanagement.



Design begins with listening...

These voices remind us that every sip, habit, and discomfort tells a story worth designing for

**From stories
to insights
the
foundation of
our design
journey is
now set for
further
inquiries**

eabderrahma