

INSIGHTS FROM INTERVIEWS

1. Most runners didn't prepare as well as they ought to have.

- Antoine (But I couldn't get prepared 3 times a week as I wanted to.)
- Anaëlle (But I arrived at the race washed out. I realized the training was not adapted to my shape and my structure.)
- Joe (I didn't prepare myself enough, that was unpleasant.)

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2. Most runners need more informed mechanisms to train well.

- Antoine (My sports coach will train me.)
- Guillemette (We also had a friend who coached us for the half-marathon)
- Joe (I did it with my friend. He had done a few half-marathons before)
- William (Preparation is based on experience)

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3. Proper diet and rest is key to good performance.

- Antoine (I know we should not drink alcohol before the race)
- Guillaume (I should have stopped drinking alcohol much earlier, eaten healthier much earlier, stopped partying and eaten correctly)
- Joe (The day before I ate a lot. I should have slept more.)
- William (The time I spent not running, I could use it to rest.)

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4. For good hydration management, runners should drink water before and after training/race.

- -Anaëlle (I'll take a sip or two just before running. Or I try to drink well in the morning if I run at noon. Item of food.
 - After training, I drink my first sip half an hour after my session.)
- Joe (When I run normally, I try to drink a lot before and a lot after)
- Guillaume (I hydrated when I got home, I drank a lot of water. Probably 2 or 3 liters in the afternoon)

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5. For long races, runners should have water constantly available to them and/or supplements.

- Anaëlle (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)
- William (On very long runs, I also take BCAA amino acids. Those are normally secreted by my body, and I take them to rebuild stocks faster. It has an impact on fatigue.)
- Joe (So I had the hydration bags they gave along with the race.)

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6. For optimal performance at races, runners should train regularly

- Guillemette (The race was hard to run because it had been a long time since I hadn't run. You need to run regularly and I was not prepared enough.)
- Joe (Probably more training. To do the actual distance a lot more.)
- Nathan (I didn't run frequently enough for the race)

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