

Hydration Insights: Strategies and Challenges for Runners

- - Often forgets to hydrate adequately before races, affecting performance (Guillaume)
- - Finds it beneficial to train with hydration systems like Camelbaks for long runs (Anaëlle)
- - Relies on available water stands during races but finds it impractical to stop and drink from cups (Antoine)
- - Encourages accountability and maintains hydration habits through social running (Guillaume)
- - Running without hydration in hot weather leads to energy loss and fatigue, emphasizing the importance of carrying water (Anaëlle)
- - Hydration apps or programs may not always align with personal needs, suggesting a more tailored approach could help (Anaëlle)