



**NAME** Pierre

**AGE** 32

**JOB** Software Engineer

**LOCATION** Morroco, Oujda

**HABITS**

- Runs 3-4 times per week
- Avoids drinking right before running to prevent stomach discomfort
- Hydrates heavily after training sessions

**STORY**

Pierre is a 32-year-old Software Engineer living in Lyon. He runs recreationally and participates in 2-3 races per year, including 10Ks and half-marathons. Despite training regularly, Pierre has experienced dehydration during races, leading to decreased performance and post-race fatigue. He's seeking reliable solutions to stay properly hydrated without disrupting his race rhythm.

**GOALS**

- Complete a marathon without breaking down or collapsing
- Better manage hydration to maintain energy throughout long races
- Continue running regularly for both fitness and mental well-being

**FRUSTRATIONS**

- Doesn't understand his personal hydration needs
- Race water cups waste time and aren't practical
- Broke down at 20km despite thinking he was hydrated