

insight 1: Runs multiple times per week.

who : Anaëlle, Antoine, Guillaume, Joe, William

Quote:

Anaëlle : From 3 to 4 times a week.

Antoine : When I have a good habit of running, I run 3 times a week.

Guillaume : Last November I ran 3 times in one month, whereas last week I ran 5 times.

Joe : on average, probably 3 times a week.

William : 5 times a week.

insight 2: Drinking right before running causes stomach discomfort.

Who : Anaëlle, Nathan.

Quote:

Anaëlle: I sometimes drink before I run, but it stays in my stomach, it's awful.

Nathan : I don't hydrate a lot before the race because the water hurts my stomach.

insight 3: Race Water Cups Are Impractical and Waste Time.

Who : Anaëlle, Antoine,

Quote:

Anaëlle: hey give you a cup with water during the race but it's not practical. You can quickly waste time.

Antoine: I took the cups of water and drank a few sips. It's better to have a few sips every once in a while than a lot at one specific moment because it cuts the effort.

insight 4: Lack of Hydration Leads to Severe Performance Drop.

Who: Anaëlle, Guillaume, Nathan, William,

Quote:

Anaëlle: I had forgotten my bottle. I did the first 5 kilometers quickly then I lost the energy... I had no more juice.

Guillaume: When you reach 20 km, you're far from home. You feel dizzy, your muscles begin to contract and tighten, your legs are heavier and heavier.

Nathan : my thoughts were less clear, you can feel it in your muscles. Your thought slows down, your body slows down also.

William: If you have less salt, you fall. It happened to me 2-3 times.

insight 5: Preparation/Training Was Insufficient or Not Adapted.

Who : Anaelle, Joe, Antoine, Guillaume, Nathan.

Quote:

Anaelle: I realized the training was not adapted to my shape and my structure.

Joe: I didn't prepare myself enough, that was unpleasant.

Antoine: But I couldn't get prepared 3 times a week as I wanted to. That was not a proper preparation.

Guillaume: I had never ran that distance. Only 2 weeks before the D-Day, I ran 30 km for the very first time.

Nathan: I didn't run frequently enough for the race.

insight 6: Need to Carry Water for Long Distances more than 15km.

Who : Anaelle, Guillaume, William.

Quote:

Anaelle: I will train with my camelback and for the long races I will have water with me.

Guillaume: Above 15 km, you should go with some water and snacks.

William: it's important to have was in fluids with you at all times.