

INSIGHTS FROM ATHLETE HYDRATION INTERVIEWS

1. Regular Running Habit

Multiple interviewees reported running several times a week.

Mentioned by: Joe, Nathan, Guillaume, Anaëlle

"I try to go for a run at least three times a week, usually in the mornings before work." - Joe

2. Pre-Race Hydration Caution

Athletes tend to avoid drinking too much right before a race to prevent stomach discomfort.

Mentioned by: Nathan, Anaëlle

"I'm careful not to drink too much water right before the start. It can really upset my stomach during the run." - Anaëlle

3. Social Aspect of Races

Many runners participate in races with friends or peers, highlighting the social aspect of the sport.

Mentioned by: Joe, Nathan, Guillaume

"Racing with friends makes the whole experience more enjoyable. We motivate each other." - Guillaume

4. Hydration Challenges During Long Runs

Runners often face difficulties managing hydration during longer races or training sessions.

Mentioned by: William, Joe, Guillemette

"On runs longer than an hour, I always struggle with when and how much to drink. It's a balancing act." - William

5. Preference for Specific Hydration Products

Many runners have particular preferences for hydration products, often based on taste or perceived effectiveness.

Mentioned by: Antoine, Guillemette, Nathan

"I swear by electrolyte tablets. They make a huge difference in how I feel during and after a long run." - Antoine

6. Post-Run Hydration Habits

Most interviewees emphasized the importance of rehydrating properly after a run.

Mentioned by: Joe, Anaëlle, Guillaume, William

"I always make sure to drink plenty of water after a run, even if I don't feel particularly thirsty." - Anaëlle