

Hydratio & Running insights

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6 Insights :

- **Insight #1:** Runners often underestimate the importance of hydration during the race.

Joe: "For the first quarter of it, I was not thinking about it. But since it got hot, I really felt the heat and the fatigue... That's something I should have focused on more because I felt dehydrated."

- **Insight #2:** Many runners don't hydrate properly during training, even if they know hydration is important.

Guillemette: "Very badly I think. Because you would have to drink more at the time of training... You have to train your body before the effort and it goes through hydration."

- **Insight #3:** Runners often skip hydration during long training runs, leading to exhaustion and health risks.

Guillaume: "During the first 30 km race I didn't get hydrated at all. I hadn't drunk a single glass of water before going... You feel dizzy, your muscles begin to contract and tighten, your legs are heavier and heavier."

- **Insight #4:** Runners tend to rely on race-day hydration stations without preparing their own hydration plan.

Antoine: "I didn't prepare anything. I knew there were stands along the race. It's a 14 km race, it's not like a 50 km race where you need your own water."

- **Insight #5:** Inadequate training plans and poor hydration gear can lead to race burnout and long recovery times.

Anaëlle: "Even though I hydrated, fueled, it didn't change anything... my legs exploded. I wanted to sprint at the finish line... the rescue team came to get me... I was in a wheelchair with a survival blanket."

- **Insight #6:** Ultra-endurance runners prioritize adaptability and mental resilience over perfect nutrition or hydration strategies.

William: "What is most optimal in absolute terms is not necessarily the most optimal in the moment... You have to make the choice at the moment."

- **Insight #6:** For some runners, the primary value of running lies in mental clarity and emotional balance – not performance.

Nathan: "I run to get cured of my hangover and to help me think. It's very much meditation for me... that's 90% of my joy of running."