

Problem Statement

Ilyass Afriad

07/10/2025

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Pierre's Problem Statement: Hydration Strategy for Race Performance.

Pierre is a 32-year-old recreational runner who takes his training seriously, especially when preparing for races like half-marathons. He balances running with a busy professional and social life, using the sport as a way to stay fit and clear his mind. While he understands the importance of hydration, he often struggles to manage it effectively—either drinking too much before the race and feeling discomfort, or skipping hydration during the race due to crowded stations or misjudging his needs. These issues can affect his physical performance and mental clarity, two key goals he tries to maintain during his runs.