

# ATHLETE KEEP HYDRATED INSIGHTS

runs more than twice a week

William, Joe, Anaëlle

At least 5 days have ended since the last run.

William, Nathan, Guillemette, Anaëlle

The last race was cool

Joe, Antoine

Prepared for a race with someone else.

Nathan, Joe, Guillaume

Had a nice experience during the last race

William, Joe, Guillemette

Had a painful experience at the last race

Anaëlle, Nathan

