



# Pierre

*"Being unrealistic about the pace"*

## ABOUT

Pierre is a consultant and athlete who runs twice to five a week and also surfs sometimes. He practice in several marathons

*AGE* 32

*OCCUPATION* consultant

*INCOME* 175k

*STATUS* Married

*LOCATION* Portugal

## GOALS

- eaten healthier much earlier, stopped partying and eaten correctly. And run short races at a fast pace.
- to do less than 1H50 in Marathone

## HABITS

- run 3 times a week
- drink water after the activity
- social runner

## FRUSTRATION

- forgetting the water bottle
- Being unrealistic about the pace

## INSIGHTS

- Runs several times a week
- participated in marathon
- the races was hard
- manage to finish the race