

Interviews insights

All of them practice other activities in addition to running

Runs several times a week (Guillaume, Joe, William, Anaëlle)

They participated in marathon (William, Guillaume)

they start the running without any stress or fell hard (Antoine, Guillaume, William)

the races was hard (Guillemette, Joe)

manage to finish the race (Joe, Nathan, Anaëlle)

Ambition to improve his running after a race (Antoine, Guillaume, Guillemette, Joe, William)

Doesn't drink too much right before the race because it hurts my stomach (Antoine, Nathan)

trouble due to hydration (Guillaume, Nathan, William, Anaëlle)

writes by,

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