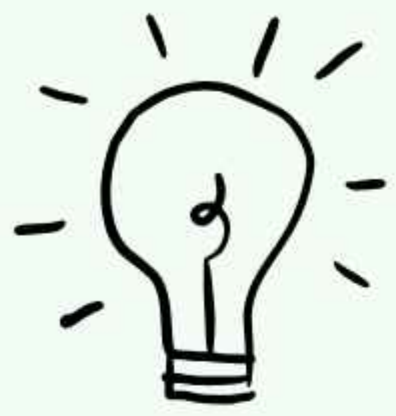




RESEARCH INSIGHTS



Insights Overview

Importance of a proper training plan adapted to the runner's level and the race distance

- Anaëlle realized the importance of a training plan adapted to her fitness level and structure after experiencing difficulties during a half-marathon. She found out that the application she was using for training made her too tired before the race.
- Guillaume highlighted the importance of training for the specific distance by running shorter races at a fast pace and experienced the difficulties of not being adequately prepared for a longer distance when he ran his first marathon.
- Joe also emphasized the importance of training for the specific race distance, suggesting running the half-marathon distance multiple times during training to prepare for the actual event.

The necessity of proper hydration during long runs

- Anaëlle learned the importance of carrying water during long runs after experiencing a significant loss of energy and reduced pace due to dehydration.
- Guillaume shared a similar experience during a 30km training run, feeling dizzy, experiencing muscle contractions, and heavy legs due to lack of hydration.

Drinking water during a race is crucial, even for shorter distances

- Guillaume was used to running 10-20km without drinking, he realized the need to hydrate during races, especially longer distances.
- Joe also found that hydration became crucial during a half-marathon, particularly due to the heat, and relied on hydration stations provided along the racecourse.

Negative impacts of alcohol consumption before a race

- Antoine acknowledged that drinking alcohol before a race is not recommended, but he still went out with friends the night before a race.
- Guillaume also mentioned consuming alcohol the night before a long training run and before his marathon, despite recognizing the need to stop drinking earlier for optimal performance.

The benefits of running with a companion for motivation and support

- Guillaume found it more motivating to run with someone else and preferred meeting up with friends for runs. He even ran with friends during different sections of his marathon.
- Joe trained for a half-marathon with a friend, which helped them stay motivated and gradually increase their distances and pace.