

Key Insights from Athlete Interviews on Running and Hydration

1

Running for Mental Health and Meditation

- Several participants share that running serves as a form of meditation and mental release (Joe, Nathan and William)



2

Hydration and Its Challenges

- Hydration struggles are a common concern among runners, as highlighted by (William, Joe, Nathan, Guillaume, Anaëlle, and Guillemette).



3

Social Motivation for Running

- Several participants highlighted the social aspect of running, as mentioned by Guillaume, Anaëlle, and Joe.



4

Training Consistency and Preparation

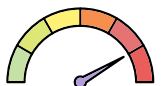
- Several participants run multiple times a week, showing consistency in their training habits (Joe, Nathan, Guillaume, Anaëlle)



5

Challenges with Race Pacing

- Issues with pacing during races were experienced by (Joe, Antoine, and Guillaume).



6

Hydration Mismanagement and Consequences

- Performance impacts due to mismanaged hydration were experienced by (William, Nathan, Joe, Guillaume, and Anaëlle).

