

Athelete Keep Hydrated

Insights derived from Anaëlle

Insight 1: Hydration during races is often inconvenient and time-consuming

Who said it: Anaëlle

- Anaëlle mentions that using cups of water provided during races is not practical and can waste time. She plans to use a camelback for future races to avoid this issue.
- Key takeaway: Athletes need a more efficient and hands-free hydration solution during races to avoid disruptions in their performance.

Insight 2: Forgetting water during training sessions can lead to energy loss and poor performance

Who said it: Anaëlle

- Anaëlle shared an experience where she forgot her water bottle during a 14 km run in hot weather. She lost energy quickly, and her performance declined significantly.
- Key takeaway: Athletes need a reliable way to ensure they always have access to water during training, especially in hot conditions.

Insight 3: Drinking too much water before running can cause discomfort

Who said it: Anaëlle

- Anaëlle avoids drinking too much water right before running because it stays in her stomach and feels uncomfortable. She prefers to hydrate well in advance or take small sips just before running.
- Key takeaway: Athletes need guidance on optimal hydration timing to avoid discomfort during runs.

Insight 4: Hydration strategies vary based on the type of activity

Who said it: Anaëlle

- Anaëlle drinks water during muscle-strengthening sessions but avoids drinking immediately after running. She waits about 30 minutes post-run to hydrate.
- Key takeaway: Hydration needs and strategies differ depending on the type of physical activity, and athletes need tailored solutions for each.

Insight 5: Athletes are open to trying new hydration tools but are concerned about comfort

Who said it: Anaëlle

- Anaëlle plans to test a camelback for long runs but is worried about whether the backpack will bother her during the run.
- Key takeaway: While athletes are willing to experiment with new hydration tools, comfort and usability are critical factors in their adoption.
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Insight 6: Environmental factors (e.g., heat) significantly impact hydration needs

Who said it: Anaëlle

- Anaëlle emphasizes the importance of carrying water during summer runs to avoid dehydration and energy loss. She also mentions using public water fountains as a backup, though they are not always convenient or hygienic.
- Key takeaway: Hydration solutions must account for environmental factors like temperature and provide accessible, clean water sources.
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Next Steps for UX Design (Non-Digital Solution)

1. Design a hands-free hydration solution (e.g., a lightweight, ergonomic hydration belt or vest) that is comfortable for long runs and races.
2. Create a portable, reusable water container that is easy to carry and clean, ensuring athletes never forget their water.
3. Develop a hydration timing guide to help athletes plan their water intake before, during, and after runs.
4. Incorporate environmental adaptability into the design, such as insulation to keep water cool in hot weather.

Insights derived from Antoine

Insight 1: Hydration during races is often managed reactively rather than proactively

Who said it: Antoine

- Antoine relied on water stands during his 14 km race and did not carry his own water. He took small sips from cups provided at the stands to avoid disrupting his effort.
- Key takeaway: Athletes need a more proactive hydration strategy during races, especially for mid-distance runs, to avoid relying solely on external water sources.

Insight 2: Hydration timing is critical to performance

Who said it: Antoine

- Antoine emphasizes the importance of drinking small sips of water periodically during a race rather than drinking a large amount at once, as it can disrupt effort. He also mentions drinking after a hill rather than before or during the climb.
- Key takeaway: Athletes need guidance on when and how much to drink during runs to optimize performance and avoid discomfort.

Insight 3: Pre-race hydration is often neglected or mismanaged

Who said it: Antoine

- Antoine admits to drinking alcohol the night before a race, which is not ideal for hydration. He also mentions the importance of hydrating well the day before a race to avoid needing to pee during the event.
- Key takeaway: Athletes need better education and tools to manage pre-race hydration effectively, especially to avoid behaviors that can negatively impact performance.

Insight 4: Convenience and accessibility of water are key concerns during runs

Who said it: Antoine

- Antoine prefers not to carry water during shorter runs (e.g., 14 km) and relies on water stands during races. However, he acknowledges that this approach may not be ideal for longer distances or trails.
- Key takeaway: Athletes need lightweight, convenient hydration solutions that allow them to carry water without hindering their performance, especially for mid-distance runs.

Insight 5: Environmental factors (e.g., hills, weather) influence hydration strategies

Who said it: Antoine

- Antoine mentions that hydration strategies differ based on the terrain (e.g., drinking after a hill rather than during the climb) and the length of the race.
- Key takeaway: Hydration solutions should be adaptable to different running conditions, such as hilly terrain or varying distances.

Insight 6: Athletes often lack structured preparation for hydration

Who said it: Antoine

- Antoine did not prepare a specific hydration plan for his race and relied on his general habits (e.g., drinking before and after flat runs). He acknowledges that this approach may not be optimal.
- Key takeaway: Athletes need structured guidance and tools to help them plan and manage their hydration effectively, tailored to the type of run or race they are preparing for.

Next Steps for UX Design (Non-Digital Solution):

1. Develop a portable, lightweight hydration system (e.g., a collapsible water bottle or hydration belt) that is easy to carry during mid-distance runs and races.
2. Create a hydration timing guide that provides clear instructions on when and how much to drink based on terrain, distance, and weather conditions.
3. Design a pre-race hydration planner to help athletes prepare effectively, including tips on avoiding alcohol and managing fluid intake the day before a race.
4. Incorporate adaptability into the design to account for different running conditions, such as hilly terrain or hot weather.

Insights derived from Guillaume

Insight 1: Hydration becomes critical during longer runs, but athletes often underestimate its importance

Who said it: Guillaume

- Guillaume realized the importance of hydration and nutrition only during his 30 km training run for the marathon. He had never hydrated during shorter runs (10–20 km) and suffered from dizziness, muscle tightness, and exhaustion during the 30 km run.
- Key takeaway: Athletes need education and tools to understand when and how to hydrate, especially as they transition to longer distances.

Insight 2: Social motivation can influence hydration habits

Who said it: Guillaume

- Guillaume is a social runner who prefers running with friends to stay motivated. However, he did not mention whether his running partners influence his hydration habits.
- Key takeaway: Hydration solutions could leverage social dynamics (e.g., group accountability) to encourage better hydration practices during runs.

Insight 3: Poor pre-run hydration and nutrition can significantly impact performance

Who said it: Guillaume

- Guillaume admitted to not drinking any water before his 30 km run and consuming alcohol the night before. This led to severe exhaustion and dehydration during the run.
- Key takeaway: Athletes need clear guidance on pre-run hydration and nutrition to avoid negative impacts on performance.

Insight 4: Energy drinks and snacks are used as hydration and fuel sources during long runs

Who said it: Guillaume

- During his marathon, Guillaume relied on Aquareus (an energy drink) and bananas to stay hydrated and fueled. He emphasized the importance of consuming these during longer runs.
- Key takeaway: Athletes need convenient, portable solutions for carrying energy drinks and snacks during long-distance runs.

Insight 5: Athletes often learn hydration strategies through trial and error

Who said it: Guillaume

- Guillaume learned the hard way that hydration is essential for runs longer than 15 km. He now plans to carry water and snacks for such distances.
- Key takeaway: Athletes need accessible resources or tools to help them plan hydration strategies without having to learn through negative experiences.

Insight 6: Post-run hydration is often prioritized over pre-run hydration

Who said it: Guillaume

- Guillaume mentioned drinking 2–3 liters of water after his 30 km run but neglected pre-run hydration. He also consumed alcohol after the run, which can hinder recovery.
- Key takeaway: Athletes need balanced guidance on pre-run, during-run, and post-run hydration to optimize performance and recovery.

Next Steps for UX Design (Non-Digital Solution):

1. Develop a portable hydration and snack carrier for long-distance runs, such as a lightweight belt or vest with compartments for water bottles and energy snacks.
2. Create a hydration and nutrition planner that provides clear guidelines on what to consume before, during, and after runs of varying distances.
3. Design an educational resource (e.g., a booklet or poster) to help athletes understand the importance of hydration and avoid common mistakes.
4. Incorporate social accountability into the design, such as a shared hydration tracker for running groups to encourage consistent habits.

Insights derived from Guillemette

Insight 1: Hydration during races is often managed reactively rather than proactively

Who said it: Guillemette

- Guillemette mentioned drinking water only at the halfway point of a 10 km race because there was only one water supply station. She did not carry her own water.
- Key takeaway: Athletes need a more proactive hydration strategy during races, especially for shorter distances, to avoid relying solely on external water sources.

Insight 2: Post-run hydration is prioritized to prevent aches and soreness

Who said it: Guillemette

- Guillemette emphasized drinking at least 1 liter of water after each workout to limit muscle aches. She is very careful about post-run hydration.
- Key takeaway: Athletes need clear guidance on post-run hydration to aid recovery and prevent soreness.

Insight 3: Pre-run hydration is often neglected during training

Who said it: Guillemette

- Guillemette admitted that she does not drink water before training sessions, which she recognizes as a mistake. She believes that training the body to hydrate before effort is important.
- Key takeaway: Athletes need education and tools to help them develop better pre-run hydration habits.

Insight 4: Hydration strategies are influenced by race preparation and coaching

Who said it: Guillemette

- During her half-marathon, Guillemette followed advice from a friend who coached her on hydration, including taking breaks and slowing down to drink. This helped her avoid hydration problems during the race.
- Key takeaway: Coaching and preparation play a significant role in helping athletes develop effective hydration strategies.

Insight 5: Drinking too quickly can be counterproductive

Who said it: Guillemette

- Guillemette mentioned that she would never drink too fast again, implying that it can cause discomfort or negatively impact performance.
- Key takeaway: Athletes need guidance on how to pace their water intake to avoid discomfort and optimize performance.

Insight 6: Hydration needs vary based on the type of race and preparation level
Who said it: Guillemette

- Guillemette highlighted the importance of hydration during longer races like a half-marathon but did not prioritize it as much during shorter races or training sessions. She also noted that her hydration habits were influenced by her level of preparation.
- Key takeaway: Hydration solutions should be adaptable to different race lengths and preparation levels, providing tailored guidance for each scenario.

Next Steps for UX Design (Non-Digital Solution):

1. Develop a portable hydration system (e.g., a lightweight water bottle or hydration belt) that is easy to carry during races and training sessions, especially for shorter distances.
2. Create a hydration timing guide that provides clear instructions on when and how much to drink before, during, and after runs, tailored to different race lengths.
3. Design an educational resource (e.g., a booklet or poster) to help athletes understand the importance of pre-run hydration and how to pace their water intake.
4. Incorporate coaching principles into the design, such as tips on taking breaks and slowing down to hydrate effectively during races.

Insights derived from Joe

Insight 1: Hydration during races is often managed reactively rather than proactively

Who said it: Joe

- Joe did not focus on hydration during the first quarter of his half-marathon. He only started drinking from the hydration bags provided along the race when he felt the effects of heat and fatigue.
- Key takeaway: Athletes need a more proactive hydration strategy during races to avoid waiting until they feel dehydrated or fatigued.

Insight 2: Pre-race hydration is critical but often overlooked

Who said it: Joe

- Joe emphasized the importance of drinking a lot the day before the race but admitted that he did not focus enough on hydration during the race itself.
- Key takeaway: Athletes need clear guidance on pre-race hydration and how to maintain hydration levels during the race.

Insight 3: Environmental factors (e.g., heat) significantly impact hydration needs

Who said it: Joe

- Joe mentioned that the heat during his half-marathon made him feel dehydrated and fatigued, even though he had hydrated the day before.
- Key takeaway: Hydration solutions should account for environmental factors like temperature and provide adaptable strategies for different conditions.

Insight 4: Post-run hydration is prioritized to aid recovery

Who said it: Joe

- Joe drinks a lot of water after his runs to recover, especially after long distances like a half-marathon.
- Key takeaway: Athletes need guidance on post-run hydration to optimize recovery and prevent fatigue.

Insight 5: Unrealistic pacing can lead to dehydration and exhaustion

Who said it: Joe

- Joe pushed himself to maintain an unrealistic pace during his half-marathon, which led to exhaustion and dehydration. He regrets not pacing himself better.
- Key takeaway: Athletes need tools or resources to help them set realistic pacing goals and manage hydration accordingly.

Insight 6: Training habits influence hydration strategies

Who said it: Joe

- Joe trained for his half-marathon by gradually increasing distances and incorporating sprints, but he did not focus on hydration during training. This lack of preparation affected his performance during the race.
- Key takeaway: Athletes need to incorporate hydration practices into their training routines to prepare their bodies for race conditions.

Next Steps for UX Design (Non-Digital Solution):

1. Develop a portable hydration system (e.g., a lightweight water bottle or hydration belt) that is easy to carry during races and training sessions.
2. Create a hydration timing guide that provides clear instructions on when and how much to drink before, during, and after runs, tailored to different distances and environmental conditions.
3. Design a pacing and hydration planner to help athletes set realistic goals and manage their hydration effectively during races.
4. Incorporate environmental adaptability into the design, such as tips for hydrating in hot weather or during long-distance runs.

Insights derived from Nathan

Insight 1: Hydration before races is often minimized to avoid stomach discomfort

Who said it: Nathan

- Nathan avoids drinking water immediately before a race because it hurts his stomach. He hydrates a few hours before but not right before running.
- Key takeaway: Athletes need guidance on optimal hydration timing to avoid discomfort while ensuring they are not dehydrated during races.

Insight 2: Post-run dehydration is a common issue, especially for casual runners

Who said it: Nathan

- Nathan admits that he often finishes runs feeling very thirsty and dehydrated, as he does not hydrate well during or before his runs.
- Key takeaway: Casual runners need simple, accessible hydration solutions to help them stay hydrated before, during, and after runs.

Insight 3: Running is often used for mental clarity and stress relief, not just physical fitness

Who said it: Nathan

- Nathan runs primarily for mental clarity and meditation, especially to cure hangovers or help him think. Hydration is not a priority during these runs, even though it impacts his performance.
- Key takeaway: Hydration solutions should cater to runners who prioritize mental well-being over physical performance, offering easy and non-disruptive ways to stay hydrated.

Insight 4: Dehydration impacts both physical and mental performance

Who said it: Nathan

- Nathan shared an experience where dehydration during a bike ride caused his thoughts to slow down, his muscles to weaken, and his body to feel sluggish. He had to stop, eat candy, and rest to recover.
- Key takeaway: Athletes need to understand the dual impact of dehydration on both physical and mental performance and have tools to prevent it.

Insight 5: Casual runners often neglect hydration during training

Who said it: Nathan

- Nathan does not hydrate well during his runs, even though he acknowledges the importance of staying hydrated. He focuses more on the mental benefits of running than on performance or preparation.
- Key takeaway: Hydration solutions should be simple and intuitive for casual runners who may not prioritize hydration during training.

Insight 6: Accessibility to water is critical during outdoor activities

Who said it: Nathan

- Nathan mentioned a past experience where he went on a backpacking trip without accessible water, which led to severe dehydration. He now emphasizes the importance of carrying water during outdoor activities.
- Key takeaway: Athletes need portable, easy-to-carry hydration solutions for outdoor activities like running, cycling, or hiking

Next Steps for UX Design (Non-Digital Solution):

1. Develop a lightweight, portable hydration system (e.g., a collapsible water bottle or hydration belt) that is easy to carry during runs and outdoor activities.
2. Create a hydration timing guide that provides simple, actionable tips on when and how much to drink before, during, and after runs, tailored to casual runners.
3. Design an educational resource (e.g., a poster or booklet) to highlight the mental and physical impacts of dehydration and the benefits of staying hydrated.
4. Incorporate mental well-being into the design, such as tips on how to hydrate without disrupting the meditative aspect of running.

Insights derived from William

Insight 1: Hydration strategies must account for extreme conditions and long durations

Who said it: William

- William emphasizes the importance of managing hydration and salt intake during ultra-trail races, especially in hot conditions where salt loss through sweat can lead to severe fatigue or collapse. He uses salt tablets and energy drinks to maintain balance.
- Key takeaway: Hydration solutions for ultra-endurance athletes must address electrolyte balance and be adaptable to extreme conditions.

Insight 2: Convenience and practicality are critical for hydration during long races

Who said it: William

- William mentions that energy drinks, while effective, are inconvenient to carry and mix during races. He prefers using available drinks at race stands to avoid the hassle.
- Key takeaway: Hydration solutions must be practical and easy to use during long-distance races, minimizing the need for preparation or mixing.

Insight 3: Mental strength and preparation are as important as physical hydration

Who said it: William

- William highlights the mental challenges of ultra-trail running, such as planning water intake over 120 km without access to refills. He describes how dehydration can lead to mental distress, such as considering drinking from puddles.
- Key takeaway: Hydration solutions should support both physical and mental endurance, helping athletes plan and manage resources effectively.

Insight 4: Salt and electrolyte management is crucial for performance

Who said it: William

- William shares experiences of misjudging his salt intake, leading to fatigue and collapse. He now carries salt tablets and BCAA amino acids to replenish electrolytes and reduce fatigue.
- Key takeaway: Athletes need tools or resources to help them manage electrolyte intake, especially during long or hot races.

Insight 5: Hydration needs vary significantly based on race conditions and duration

Who said it: William

- William's hydration strategy changes depending on the race length, temperature, and availability of water sources. For example, he carries 3 liters of water for 120 km stretches but adjusts based on the environment.
- Key takeaway: Hydration solutions must be flexible and adaptable to different race conditions, distances, and environments.

Insight 6: Learning from past mistakes improves hydration strategies

Who said it: William

- William has learned from past mistakes, such as misjudging his salt intake or carrying inconvenient energy drinks. He now prioritizes practicality and preparation, such as carrying salt tablets and BCAA amino acids.
- Key takeaway: Athletes need accessible resources or tools to help them learn from past experiences and refine their hydration strategies.

Next Steps for UX Design (Non-Digital Solution):

1. Develop a portable hydration and electrolyte system (e.g., a lightweight, pre-mixed electrolyte drink or salt tablets) that is easy to carry and use during ultra-trail races.
2. Create a hydration and nutrition planner tailored to ultra-endurance athletes, providing guidance on water, salt, and energy intake based on race conditions and duration.
3. Design an educational resource (e.g., a booklet or poster) to help athletes understand the importance of electrolyte balance and how to manage hydration during extreme conditions.
4. Incorporate mental endurance support into the design, such as tips on planning water intake and managing mental challenges during long races.