

User interview

# Keeping athletes hydrated

SALAM FOON

## Insight from the athletes

Here are six insights related to hydration from the athletes interviewed:



**Question 1: What do you remember about the way you hydrated?**

**Nathan, 39 years old:** I don't hydrate a lot before the race because the water hurts my stomach. I drink a little a few hours before but not immediately before.

**Antoine, 29 years old:** I know we should not drink alcohol before the race. But I went out with friends and drank alcohol the night before. I went home early though.

## Question 2: How did you manage your hydration?

**William, 33 years old:** On very long runs, I also take BCAA amino acids. Those are normally secreted by my body, and I take them to rebuild stocks faster. It has an impact on fatigue.

**Guillemette, 31 years old:** Very badly I think. Because you would have to drink more at the time of training when I do not drink before. You have to train your body before the effort and it goes through hydration.

## Question 3: What would you never do again? Why?

**Anaëlle, 29 years old:** I sometimes drink before I run, but it stays in my stomach, it's awful. I'll take a sip or two just before running. Or I try to drink well in the morning if I run at noon. Item of food.

**Nathan, 39 years old:** Going on a backpacking trip without accessible water. If you have some time to contain your drink that's helpful.