

User interview

Keeping athletes hydrated

SALAM FOON

Insight from the athletes

These shared and consistent insights provide a comprehensive overview of the practices and experiences related to running, races, and hydration among the interviewees.



Shared insights:

Importance of Regular Hydration: Multiple interviewees highlighted the importance of staying hydrated during running and races. This insight is shared by Antoine, Anaëlle, Guillaume, and Joe.

Training consistency: Several interviewees emphasized the significance of consistent training and gradually increasing distances and intensity. William, Anaëlle, and Joe all mentioned the value of progressively preparing for races.

Realistic Pacing: Setting realistic pacing goals during races is a common insight shared by both Guillaume and Joe. They both acknowledged the importance of avoiding the mistake of pushing themselves too hard and realizing the need for a sustainable pace.

Training Variability: Several interviewees, including William and Anaëlle, discussed the importance of varying their training routines to include different types of workouts, such as long runs, interval training, and stretching.

Consistent insights:

Hydration Management During Races: Multiple interviewees mentioned managing their hydration during races, especially when official hydration stations were available. William and Anaëlle both highlighted the use of hydration packs or cups provided during races.

Post-Run Hydration: Many interviewees stressed the importance of drinking water and staying hydrated after their runs. Nathan, Anaëlle, and Joe all mentioned the practice of hydrating well after training sessions or races.

Training with Peers: Training with friends or peers for races is a consistent approach mentioned by several interviewees. Joe and William both mentioned running with friends during their preparation.

Experience in Challenging Races: Several interviewees described challenging race experiences, including unexpected factors like weather conditions, running too fast at the start, or physical exhaustion. Guillemette, Anaëlle, Guillaume, and Joe all shared accounts of challenging races.

Pre-Race Preparation: Multiple interviewees emphasized the need to prepare before races by ensuring proper sleep, avoiding excessive alcohol consumption, and maintaining a balanced diet. Antoine, Guillaume, and Joe all mentioned the importance of these factors in race preparation.