

PIERRE PERSONA



Pierre Castro



"Running isn't just about fitness; it's a form of meditation for me. It clears my mind and keeps me mentally strong."

Age: 32 years	Country Portugal
Sex: Male	Education: Graduate
Marital status Married	Occupation: Translator

BIOGRAPHY

Pierre is a 32-year-old, British-born professional who has been living in Lisbon, Portugal, for the past few years. He works as a freelance translator and leads a busy life. His passion for running is a central part of his daily routine, providing him with both physical fitness and mental clarity.

HABITS

Social Running: Pierre is a social runner who finds motivation in running with friends or peers. He often organizes running sessions with friends in Lisbon to maintain his enthusiasm for the sport.

Meditative Running: Pierre values running for its mental benefits. He runs to clear his mind, reduce stress, and find mental clarity, making it an essential part of his daily routine.

GOALS AND OBJECTIVES

Achieving the optimal fitness: Pierre is dedicated to maintaining a high level of fitness through regular running and other sports like swimming, which he occasionally enjoys. His goal is to stay in excellent shape and feel strong both mentally and physically.

Participating in Races: Pierre aspires to participate in more races, especially half-marathons and marathons. He aims to challenge himself, set realistic pacing goals, and enjoy the sense of achievement after crossing the finish line.

FRUSTRATIONS

Inconsistent training: Pierre sometimes faces the challenge of maintaining consistent training routines due to his busy work schedule. He aspires to run more frequently and follow a structured training plan.

Overly Ambitious Pacing: Pierre has occasionally pushed himself too hard by setting unrealistic pacing goals during races. He recognizes the importance of pacing himself appropriately to avoid exhaustion.