

Title: Pierre personal card



Quote:

"I run several times a week to stay in shape, but I've learned not to drink too much before a race because it causes stomach pains."

Description of Pierre:

Pierre is 32 years old and works as a web developer in Paris. He is passionate about running and participates in races occasionally, running at least one race a year but less than three times a year. Pierre has experienced dehydration issues, which has led him to adapt his hydration strategies.

Goals:

- Participate regularly in races to improve his performance.
- Find a balance between adequate hydration and avoiding stomach discomfort during races.

Habits:

- Runs several times a week, usually in the evening after work.
- Prepares for races by planning his meals and hydration in advance.

Frustrations:

- Difficulty managing hydration without experiencing discomfort during races.

Lack of personalized advice on hydration specific to his body and activity level.

Insights:

Dehydration Issues: Like Joe and Nathan, Pierre has faced dehydration during races, which has affected his performance.

Race Preparation: Guillaume and Anaëlle share similar preparation strategies to avoid stomach pains related to hydration.