

hydration interview

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- Run once a week (Guillemette, Antoine).
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- Doing sailing activities in addition to running (Nathan, Antoine).
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- They're inconsistent with running (Antoine, Guillaume, Nathan).
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- They couldn't participate in many races because of COVID19 (Antoine, Anaëlle).
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- It was a good experience in the marathon (William, Joe, Guillaume, Antoine).
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- They believe that if you train regularly or work out more, you'll get closer to your goal (Joe, Anaëlle, Antoine, Guillaume).
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- Drinking a lot of water after training or races (Guillaume, Guillemette, Joe).
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- They drink other things besides water during hydration (Antoine, William).
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- Manage hydration by drinking things that help remove fatigue (William, Guillaume).
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