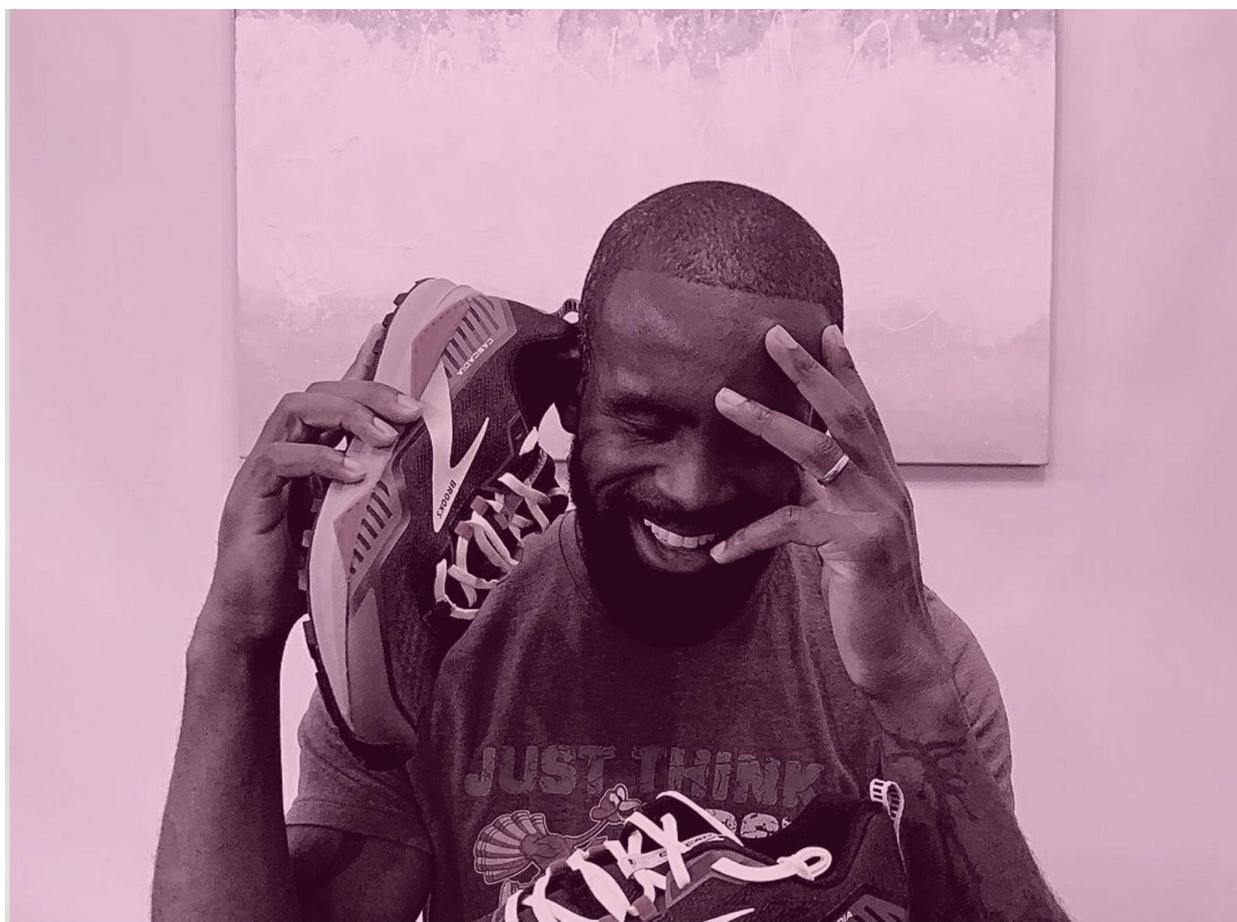




DLake Creates Endurance Sports For Masters Of Some



UPGRADE YOUR IDENTITY TO FORM
NEW RUN HABITS | SETH BAIRD
DLAKE CREATES podcast

TRANSCRIPTION

Daren: What is up I'm Daren? Your host of DLake Creates running for masters of sum.

Other: [00:01:11] The Internet's most exciting

Daren: [00:01:13] endurance sports podcast through self-improvement. We help Sirius and Dorrance athletes master some of the health. Fitness and even some of their life, because it's all the same. And in being your host, you could trust me because I'm a lifelong endurance athlete. That's ran a sub three hour marathon, completed an iron man triathlon in 10 hours, and currently trying to break 16 minutes in the 5k.

So I'd say I know a thing or two about most of the things that we talk about. Quick warning. We use some adult language and cuss a bit, be mindful around when you listen.

Seth Baird would identify as

Seth: [00:01:48] A runner based out of North Carolina, just north of the Charlotte area. I came into running by pure accident.

I sidelined with a bad back injury a handful of years ago, which led me to running years ago. You couldn't pay me to run around the block.

Daren: [00:02:03] Some episode highlights, AKA, why you should listen.

He prefers running 400 repeats over longer distances, and you'll find out why figuring out if he needs to do more or less to find his passion and much, much more, a bit more Saturday.

In a past life. He was a hardcore bodybuilder. He founded Athlos CBD to help athletes with recovery, a professional occupational therapist by day, and a father of one daughter at night. Without further babbling let's get onto the conversation.

Other: [00:02:30] Warmup Complete!

Daren: [00:02:33] What was the toughest transition into the runners mindset and identity.

And it's like a two-part like w were there any demons in your head sayings going over and over stories replaying that, that didn't serve the transition from bodybuilder to.

Seth: [00:02:50] The aggressiveness from bodybuilding does not pan out well when it comes to running and learning how to be calm and relaxed is that's the hardest transition that I've gone through going through that, everything, a hundred percent you push yourself, you push your body to the absolute breaking point.

That failure point all the time with bodybuilding, you can not do that with running. So for the first year of running, I approach it the exact same way. I approached bodybuilding. If I'm not breathing hard and my legs aren't burning. If I'm not running uphill as fast as I can, if I'm not running every single day with a new PR, even though I'm running around the block, I'm not going to get better.

And that led to injury after injury. And it took over a year because I'll tell you, I'll tell anyone that, after the first few months I realized I needed to slow down. Now that's a complete lie right there. You start a

run easy, which should be easy. And next thing you look down at your watch and you're like, oh, I got this one.

Let's push through this one again. And it's just over and over. And I just kept beating myself down. That was a hard day. My wife was in my ear. She kept saying, you're running too fast. You run too fast all the time. I'd come home with a new blister every single night, or a new shin splint on this day, my right hip.

And I'm a, back's acting up and I was exhausted and stuff. Backing off and getting rid of that mindset of all or nothing failures, the only way to do it and really listening to the body, taking a step back, that's been the hardest transition. And then once that happens, then the progress starts coming.

It's okay, maybe I don't have to beat myself up every single time out here when you run. I don't know what your background in running is, but it's we like to go fast, just in general. Yeah. Running slow. It almost felt like extra work out of my rhythm, let me open my straight up and run.

Backing that off that's been tough.

Daren: [00:04:37] Yeah. That's very well put, how did it feel going like w coming home with those blisters? Because a lot of people don't do that, man. A lot of people just stay with, they have bad running form. They just think that they need to be out of breath to have a good run.

Like where was that? When was it? Who was it that, that made that the identity

Seth: [00:04:54] change? When I was running, I never. I felt so much frustration and sometimes anger with myself that the fact that my body wasn't able to keep up with what my mind, I should be able to do all the time. So if I came home in the blister, you pop it, you put moleskin skin on it.

You run the next day. If I come home with shin splints, I sit at night, rub it down. I'm going to run the next day regardless. Cause that's where my mindset was and I was getting so beat down. Why can't I, my mind is strong. Why is my body not able to do what my mind wants to do? I can do this. And it's just constant.

Just going through all sorts of, prehab rehab here at the house ice rolling and it was just like nothing's working. And then when I started running races and realized, wow, I'm not really proving that much. I beat myself up from months for this showing at a half marathon. Like what in the world?

Like you got more than that and any, are you serious? And that's when I was like, Yes. You're knowledgeable about health and fitness. Yes. I know about bodybuilding. That's not running. It's time to be a true beginner all over again. And that's when I started researching a coach. And let me go with someone that I can, I will stick to whatever they say, and that's made a huge difference, but it was about, I don't think I saw a coach.

I think it was two years. So the first year was nothing but injuries. I ran a half marathon second year. Ran another half marathon was only a minute or two faster than the first half marathon a year prior. And I'm like, there's no way I'm gonna beat myself up again for another year for one more minute increase.

And so that's when I was like, okay, let's get with someone. Let's get a plan. Let's stick to it. If it works great. If it doesn't well, we can put our heads together and think through this and also having someone else. I love my wife. I tell you all day long, I listened to everything. She said. I do my best.

Sometimes it goes in and goes out the other year and I can't find it again. But a coach, plus the financial commitment I'm paying for a service, I'm committed to what the plan is. And I want to see what they can do. And I was two years into it.

Daren: [00:06:57] That's a great, that, that was really well said and put.

And I think it's the, I would say it's the non approving and the delayed gratification. That's the hardest part for a lot of people. You're delaying that because you're like, I'm going to really feel good. And then you realize, I guess this goes with mindful. Yeah. You realize that running slow, it allows you to be mindful, cause when you're hurting, you just thinking about the pain, I guess you're being mindful.

Cause it hurts, but you're like you thinking about, oh, I want this to end or whatever it is, oh yeah, give me more, whatever your masochist, whatever it is. But being mindful, it's you slow down to that, that I call it . Heart rate. You can go oh, look at the trees.

I never saw that before. Wow, that's a beautiful building. I never saw that before because you slowed the fuck down. I do agree. There's fun. Funny. I think it applies, I'd say it applies to runners, but not as much, but definitely with swimmers when I don't know if you swim. But do you swim?

Seth: [00:07:48] I was on a swim team for about five years. Oh shit. I'd never got anything above an eighth place finish. I think that's impressive. No, it didn't. It didn't last long. It didn't.

Daren: [00:07:59] Nah, man. You know how to swim first. If you're black, you know how to swim, you know how to swim fast. Your trapline sounds like it's right up here.

Yeah.

Seth: [00:08:07] I don't know about fast. I don't know. That was my problem. I could free bless them back, but the speed. It's just, I don't know. My technique was off. That'd be moving as fast as I could and people, I got laughed at times. I swim forever. I just go swim fast.

Daren: [00:08:21] Yeah. Yeah. Nah. Anyway, so you probably know this and I didn't find this.

I started swimming about seven, eight years. Before I did my Ironman triathlon, which kinda got me all into this whole health and fitness thing, but I couldn't swim slow. I could swim medium. I could swim fast. I couldn't swim slow. And I remember going get some swimming lessons and basically, after doing drills, Yeah, you shoot 70, 80% of your training should be drilled.

And I was like, what? They're like, you need to just go, if you can swim slow. If you can have that, that that high swamp, that that swim golf where you have a really low stroke rate, but you're going like, and you're covering. And they're like, you'll then be able to swim fast with less energy.

And I was like, that makes no damn sense. And then once I was able, once I drilled the shit out of myself after like pretty much a year. And I was like, oh my God, I can swim slow. Now. Like it, I was like, oh, so then swimming became a whole new mindful Zen type thing for me because the whole water around your body thing, open water, whatever it is obviously water is cooler than your body.

So it's I was like, oh my God, I love this. And then swimming fast. It was like doing intervals on the track, whereas before it was like depth. So it took a huge mindset change. Cause I was never getting faster swimming. I was like, how am I more fit and running and cycling. But yeah. Fit in swimming.

So anyway, I digress, man. This is about you and your identity change. We've touched on your bodybuilding and how you went from bodybuilding and running. But give me a bit more elaborate version of it. If you feel.

Seth: [00:09:41] Oh, yeah. Yeah.

Other: [00:09:41] Ad Break!

Daren: [00:09:48] This episode was brought to you by me, daylight coaching. We show you as you get older, how to perform better in health, fitness, wellness, and Dorn sports in life. We're all getting older. So rather than being like most humans on the earth and declining, why not be better? Smarter faster and more wise than the 10 years ago.

Version of yourself, our NLP trained coaching experience will help you live your best life through habits and intentional decision makers go to delightcreates.com/coach or email us talk@dlcreates.com about the normal way to book a free consultation call

and back to the show.

We've touched on your bodybuilding and how you went from bodybuilding and running. But give it, give me a bit more elaborate version of it if you feel like it.

Seth: [00:10:42] Yeah. Yeah. At the first one I ever played with soccer four years old. And I think that was one of the best things for me.

I played soccer all the way through high school also played baseball and basketball. But soccer, I think it was foreshadowing something because I never had problems running. All day long, as long as I'm chasing something. I couldn't just run the run though. And so grew up playing sports all the way through school, got to college, played baseball in college.

And again, in college, 6:00 AM workouts, a lot of the conditioning stuff, the running was never a problem. We get in trouble, whatever it may happen, punishment. Okay, cool. I can run. I'm not worried about that stuff. Yeah. There was one day at school where we had a relay race and we lined up against a handful of the train.

College bet you know how it is back then. And I was able to beat majority of that in the relay race. And the coach actually approached me and asked me to go out for track. I hope I didn't say it out loud. I must

have said it. One of my guys were my buddies back then, but I told him, like I said earlier, I can't run it just to run.

I needed to be chasing something, runner for a ball, running away from someone I can't run just to run a while. I'm not going to be out here just running. And so I did everything under the sun not to run, that was just not my cup of tea. But I was always interested in fishing. Yes. In general.

So my degrees in business administration, but also have a personal training certification. So I did that on the side. And then that's why that transition to bodybuilding came in. But I realized throughout that, all of that being as healthy as possible, that was what I was doing all along.

It was always, how can I be active? I always have more fun when I can be when I'm moving. If I'm sitting still for a week or something, it hits me, I'm not the same person I can not sit still. So movement is big. And so my entire life I've moved. This is just an extension of that.

Daren: [00:12:31] Love it. I love it. I didn't know. I didn't know anything about that. Obviously we Instagram friends and it's just one of those things. Cause I Remy, John, Mike Remy which I feel like I met both of you guys through the hashtag black runners. Yeah. The hashtag black runners It's funny because it was the same exact time.

And I was like these two dudes that I feel like they're just like cousins and old friends of mine. I don't know what it is. And they'd like, I heard, I finally heard Remi and I think you on the podcast and then you put videos up what? And I was like, and they sound like me. And I was like, yes. I was like, I love these dudes that I was like, I gotta get him on the fucking podcast, man, because obviously we live in different parts of the world, but.

If we were in high school or college together, man, we would definitely be hanging out. We hit it

Seth: [00:13:09] Of course! Yes.

Daren: [00:13:10] Yeah. Oh, the internet connected us, man, because there'd only be one or two of us at our college or high school. Now at the internet, there was a whole hashtag you know what I'm saying?

There's a whole hashtag full of us. It was black men runs hashtag.

How was it going from the bodybuilding standards of success, which is subjective, which is a judge. Obviously you can be. But it's oh, I'm more swollen than this guy.

I guess if you measured your smallness, but everyone's different. So it's obviously physique and all that stuff. I don't understand it. But that's subjective. You can't, you can only win based on a judge. It's similar to figure skating and gymnastics. But then there's the objective success of running, which is just time and distance covered.

And I guess how you feel is somewhat subjective, but whatever. How tell me about that transition. Do you like it more? Some people I've asked this question to bodybuilders and they're okay with the subjectiveness of it. So it's either all there's no right or wrong, but is it apples and oranges?

Do you think it's better?

Seth: [00:14:11] It's very subjective, just like you said. And I enjoyed it at the time, but on the outside, looking in the constant self judging along with other people, judging you. Even my workout buddies, my, my close friends, my workout partner. Constantly. Oh, what'd you hit the other day.

Oh, what'd you hit? Next thing you know, I'm glad that you and him are. You're going to send me, are we going to step on stage with each other? I think I'm going to drop down a weight class because I don't want to mess with you or I'm going to step up a weight class. It's constant that I don't want to say animosity, but it's, you're always eyeballing and judging other people.

And then once I got into actually competing, I realized that there's a lot of politics that goes along with bodybuilding. There's a lot of trainers and athletes that know some of the judges that, you may not get scored, quote, unquote, fairly, but it all depends on what the judges are looking for that day.

So you'll see guys on the big stage, the Olympia level, and they might be doing, physique competition. Those guys are so big that if they go to. A local show. They will be out the heavyweight guys at local show. It's such a huge, drastic difference. And so I think I was, it was before my wife moved down here and I was fortunately living alone at the time.

So I did have time to be really self-contained. I would meal prep and have, Arnold, YouTube videos on our Dorian gates or, Jay Cutler, these guys that have YouTube deals on, I had a huge, full length mirror, in the bathroom, of course. And I had another mirror in the other bathroom.

And if you walk by a mirror, I'm not gonna lie. I'm gonna look at myself. How am I looking? Is it coming along? Yes. Ah, I need to do this a little bit more or you take a picture and no matter who you are, if you take a picture of yourself and you look at that picture, it's going to look different than what you expected yourself to look like.

And so that constant, oh, maybe the lighting was off, do I need to change? So I was consumed by that. And honestly, bodybuilding, you have to be extremely selfish to get very good at it because your entire family has to buy into the diet. My wife and I broke up at the time way back when I was bodybuilding, because unfortunately I was very consumed with, I can't go eat.

I got a show coming up. I need to go to sleep. Now. I really can't go out tonight. I just, I need my sleep. So I got to get this workout in tomorrow. And so it was, everything was very much about me. Fortunately, we didn't have the little one, and didn't have those obligations, but it's very self consuming.

And so then going into running out of the blue it's, I remember the first week I posted something. Hey, good job. Great time. Someone posted online. I thought I was kinda, I thought I should be fashioned that, of course this is my, during my injury play days. And just that little plug of Hey, good job.

And it's like nothing to do with what's your time. No longer was I getting those, questions? How much do you squat? How much do you bench all the time? It was no good job. Go for it. It's just the running

community. There's I guess when you get to elite level numbers matter, but on the amateur level, completing something, regardless of the time.

That's what gets people going, and so I really enjoy running because of the more objectiveness to it and the comradery, not to say that there isn't comradery and bodybuilding there definitely is, but it's a very different mindset. That's beautiful,

Daren: [00:17:44] man. That's really awesome that you, I personally like more objectivity, and I would think that running.

Mentally and overall healthier, but to each their own, a lot of people like bodybuilding, a lot of people like focusing on their physique. I just feel like it's just really hard to go. I did it. I hit the objective that I wanted. Unless you win identity question, do you do what?

All things runners.

Seth: [00:18:08] The last three months. Yes. Wow. That would say I am a runner. For the longest time, I said, I'm not a runner. I'm not a runner because I kept comparing myself to deletes just like with bodybuilding, yeah, I was in it, but I'm not really into it. Cause I'm not on the Olympia stage.

I'm not at the Arnold, yes. I play second and some of the local shows and things like that, but I was like nah. When I get to that point, then I met, I'm a runner. It's. I would kick myself a hundred times over if I could talk to myself three years ago, those first few weeks I started running and it's you are a runner, you're just doing it bad shit wrong.

Yeah. So I definitely consider myself a runner now based off the miles that I'm putting in and based on how I feel and how much I look forward to getting that running on the day Runner jogger, whatever it may be. I definitely consider myself a runner now. Nice.

Daren: [00:19:00] So what are some similar habits between bodybuilding and running, or you could go back to, when you played soccer and baseball, what are some similar habits that, that you have stayed consistent?

Sorry. That have stayed consistent with you throughout

Seth: [00:19:17] my love of movement. The fact that I really enjoy challenging myself. That's been consistent throughout with sports and a lot of sports in general, you can make little tweaks and you can have immediate results from that little change in form, bring this foot forward a little bit, step back a little bit and make sure you're not on your heels.

You can have almost immediate differences in performance running. You can do those little changes, but as far as the significant performance increases, take longer to. And that's similar to bodybuilding. You can bust your butt, but it takes a long time. They said what safely you can put on maybe one to two pounds of muscle every two weeks around that.

And you think about the big scheme of thing that doesn't seem like much. So you have to dedicate month, a year. Oh, I do look a little bit different. Running's the same way. And so my approach, I'm very competitive with myself. But that's been, there's a really good correlation between bodybuilding and running because the progress does come slow.

But if you stick with it, it's there, it happens.

Daren: [00:20:23] Next section

Seth: [00:20:26] main set

Daren: [00:20:26] finished. Let's get to know our guests a bit more with the fun cool-down segment called the five furious and furious fantasy. That'd be up in the gym, just working number five. Five fast and furious fitness facts. That's five apps too. I really liked that. AKA get to know your local Cornerstore master of some.

Cause you know, we're just hanging out at the corner store and you're like, I want to know more about you. This is what this podcast segment is for.

Here we go. In five words. What slash who do you identify as in health, fitness and endurance world? I'm

Seth: [00:21:12] a runner, my passions and running. I enjoy cycling, but I'm a runner. I'm a runner through and through now it's taken a long time to convince myself to say that out loud, but I am a runner.

Daren: [00:21:27] Someone will steal all of your bikes and all your running shoes. If you don't pick one bike or run, you have to pick one. And why?

Seth: [00:21:35] Oh, that's brutal. That's brutal right there. I got to go with the run, the grind of running, getting out there, getting the miles in that's what gets me going right. It's just it's it's an uphill battle to get back.

Don't get me wrong. I love cycling, but running everything about it. And I just love those hard efforts. That's the bread and butter right there. Get your breathing hard.

Daren: [00:22:01] Yeah, man. I'd say I'm like 70% on the hard efforts, but this ain't about me. It's about you. Favorite tequila. Cause I thought it was whiskey. What was on your Instagram, but favorite tequila? Ah,

Seth: [00:22:10] Ooh. Let's the, is it tomorrow? What's that excuse that came out that Dwayne just put out, I can't say the name. I tried it for the first time, the other day and it's surprisingly very similar.

But tequila gets me a little bit frisky. So I got to stick with my bourbon, my whiskey. Oh, so you are whiskey

Daren: [00:22:27] drinker. Okay. And you had to, through, you had to kill on your own. You're watching the debate with tequila and I was like, that's the only way to go. I was like, okay. And then I thought it was, I just assumed it was whiskey cause I don't drink tequila and okay, cool.

Cool. Cool. So what, what's your favorite whiskey then? Bourbon whiskey.

Seth: [00:22:44] Woodford reserve are smooth, straight up on the rocks, two ice cubes. I don't want to get too watered down,

Daren: [00:22:49] Side rent, funny enough, I used to drink everything straight and or neat as it's, as it said, because I was trying to be all, I was watching madman and, I was like, ah, I was getting into my whiskeys and I, I'm like, twenty-five feeling myself.

And I remember someone was like, I started drinking like, oh, it was an old bar. The really super expensive, like top shelf. Like I ended up getting it. I was deejaying back in my other life when I DJ'ed. And I remember I would get free drinks and I was like, yo, let me get that old band. Cause they were like, yeah, you can get anything.

I'll say anything. I was like, I've never had top shelf. And then I remember I had, I was like, neat. And they're like, bro, you do not drink this. Neat. And I was like, no, don't put an ice cube. I was like, man, you gotta put the water. It's got to open it up. I was like, what? And then they were like, yo, the PD stuff's got to open it up.

I was like, oh. And then like my whole thing. I'm like Chuck, a couple of drops of water now, cause I don't like a water. Just got to open it up. You gotta open it up. So that's my whole shit is opening it up. Now,

what does black lives matter mean in the context and lens of being an endurance athlete?

Do you five words or less

Seth: [00:23:52] Opening doors, possibilities, lessening other people, minorities, people of color know that there are. Outlets avenues of activity that they can participate in safely. So bringing awareness to a new sport, breaking the mold and getting more people of color involved in it.

We just need more. Can never have enough.

Daren: [00:24:15] Agreed.

Hey, here we go. This is the fun one. What's your least favorite. Slash hated workout, run workout.

Seth: [00:24:30] I think mile repeats.

Daren: [00:24:32] Ooh,

Seth: [00:24:33] Y mile repeats and it's in the moment when I'm in it. I actually don't perform that bad, but my mindset isn't hasn't caught up yet to my ability. So the self doubt is still there. You read the numbers, look at it, scares the shit out of you. I don't want to do this. I can't do this.

Who puts these numbers? And then it takes the second or third one. It's yo, I'm doing this, but I feel awful, but I'm able to maintain it. So it's that mental hurdle Mauer piece. If I can get over that, I feel great getting into the workout, but that's a, I'm still learning to deal with that one.

Daren: [00:25:03] Yeah, man. Yeah. That's the brain man. And I've been reading up on brain training for, rain training for running and racing and your brain. Only lets your body do stuff. If you've done an increments, like you can't go from like a 25 minute 5k to a 19 minute 5k in three months, like your brain, won't let you do it.

Even if you have the ability, your brain won't let you. It's probably like 1% of the population that could do it, but your brain is no, you're going to kill me. Stop. So you got to go to 24 and your brain is okay, all right, maybe we could do 2330. And then cause the pace is your brain is not as, like you said, you're you freak yourself out and that's actually.

Your brain trying to stop you from killing yourself. Like your brain is you don't know what you're doing here. I'll control this. I got you. Cause you will kill us and that's not good. So my whole, the whole purpose here is to preserve our life. Yes. And then it's it goes it's real funny because it'll be.

Stop. The first thing is stop. No one will know if you stopped halfway through the interval. No one will know. And then you're like, slow down. Ooh, that kind of doesn't feel good. Huh. And then your brain starts playing tricks and it's like, all right, now I'm going to stop giving blood to that area.

An oxygen to those muscles. And you're like, hold up as, so your brain is actually controlling the whole thing. So you actually have to train your brain and. As humans don't have as much control over our brains as we think, because we're like, oh, I'm controlling. It's now your brain is actually separate from you.

And I won't go into some Moomoo shit on that. But the whole brain training has been last 10, 15 years. It's been a lot of research into that. Whereas people will be dying on a half marathon and then the left, they see the finish line and they sprint it's oh, where'd you get the sprint?

You were just dying. It's cause your brain was like, when is this going to end? Oh my God. So we're thinking of oh, here's the finish line. Yep. Here you go. Here's some blood, here's some fuel to those muscles. You got this. You got, I can see the finish line. We've done it before. So that's the whole kind of paradox between it all.

I didn't mean to hijack your five fast, fun fitness facts.

Seth: [00:26:49] No. I'm with you. I'm with you on that. I noticed if I, go ahead and music, I'm a big music list. I listen to music all the time when I'm running and music allows me to block out that brain noise, that chatter, that inner chatter.

I block it out completely can focus on running. If music goes out the window, all of a sudden I hear my breath and my body's obviously you're tired. You're breathing life that you need to stop. It's just, it's

crazy. If I hear my footsteps, why are you stepping so hard? You must be tired. It's that constant train that just rolls.

And so learning to get over that. The mindfulness and the training to be able to do those paces without letting that voice creep in. That's a challenge. Yeah. I look up to anyone that's been an endurance athlete for a lengthy period of time, or even just starting getting over that's big once you can do that, break that cycle.

Whew. Sky's the limit. I feel like,

Daren: [00:27:37] See what gonna happen when you open those doors. All right. Last one. Why is your Instagram handle titled mindful runner? Where did that come?

Seth: [00:27:46] I'm attempting to remind myself how to approach them. So I, over complicate things often oftentimes run too fast.

Majority of the time don't listen to my body. It wasn't until recently that I really started to how's your body feeling coming from bodybuilding to running bodybuilding, you push through barriers regardless of how your body's feeling. If you're most of the screaming you do another three or four sets, you just go running, you can't approach it.

When I picked out mindfulness as my Instagram handle, I was hopefully that it can be a little subconscious reminder to slow down, listen to yourself. That's the only way you're going to get progress when it comes to running. And I'm getting better at that day, but that's where it comes from.

If you want to find out more about Seth Baird on a personal level, listen to part two of this series,

Daren: [00:28:36] Google him, or check out the show notes.