



Trees & DLake Running Tips To Master Life

TREES AND DLAKE

The best eight science-backed whole foods for run recovery

[00:00:00] **Daren:** Question - How much thought do you put into what you eat after a run and how well it actually helps you recover if you're like the silly and uneducated three years ago, version of me, it's more like. How easy is it to get? Am I full? Okay. I'm good.

[00:00:15] **Daren:** Learn about the eight best science based whole foods for everyday run recovery on this episode of trees and delay.

[00:00:23] **Daren:** What is up? Welcome to trees and D lake a podcast series by Mike trees and yours. Truly Darren D lake creates in this series. Our goal is to educate and entertain smart and committed runners. A bit more on that for Mike trees.

[00:00:35] **Mike:** And the aim of this podcast is to give in a lighthearted, amusing and entertaining way, hints and tips to help you all run better and enjoy your sporting life more. So let's see how we can go with that.

[00:00:49] **Daren:** Mike's being pretty modest. He has over 50 years of running and doing triathlons under his belt.

[00:00:54] **Daren:** And if you're wondering about me, I've been in the endurance sport game for about 25 years now, done a sub three hour marathon and completed an Ironman triathlon in 10 hours. We appreciate all the help and support that we can get. So if you can please share out this episode to someone that you know, that would like this, oh, quick language warning.

[00:01:12] **Daren:** In some rare instances, we might use some bad words. So apologies in advance for that.

[00:01:18] **Daren:** This episode actually goes really well with an episode that we released earlier that was around the. Science based supplements that you can use for run recovery. But this one's obviously about whole foods and let's talk about whole foods and I real foods that are easy to find, not process packaged foods and not seasonal foods that you get from some random part of the world every three to six months,

[00:01:41] **Daren:** As we're traveling now more for training and racing, you wanna be able to consume these foods regularly and find them easily. What you'll learn in this episode, the actual eight foods, because again, we don't hide anything. So we've got one fish, two protein shake slash smoothie, three rice, all types, four potatoes, all types again, five berries, six nut butters, seven salted nuts, and eight will be seeds.

[00:02:06] **Daren:** You also learn how Mike's 80 20 training transfers into nutrition, fun facts about colored rice and white potatoes, new science around the benefits of consuming peanut butter around marathons for potentially performance gains and much more.

[00:02:21] **Daren:** Let's get into the weeds or grass for the eight best real whole foods for running recovery that you can get easily

[00:02:32] **Daren:** Let's start it off one fish. What types of fish do you eat and why is it beneficial?

[00:02:37] **Mike:** I'm currently living in Tokyo, so I probably just, a huge ranger. But yeah, from the white oily fishes, the herrings, the macros through to the tunas and the salmons there's cold water fishes big variety of fish and all fish I think is pretty healthy for you.

[00:02:52] **Mike:** And Yeah. So going back just one step. The reason big believer in, in eating, whole foods, real foods, as opposed to vitamins and supplements and trying to keep off processed foods just from my research over the years, it seems that processed foods, anything that's made in a factory is not particularly healthy for us.

[00:03:10] **Mike:** So let's get things as close to nature as we can. And apart from that, I'm not too fussy. So if we're eating, potatoes, rice fruit, vegetables, fishes, and eggs, dairy and meat. I don't actually eat meat, but yeah, it's all good healthy stuff. And I try and stay off in the classic one in the supermarket from the center aisles.

[00:03:28] **Mike:** If you go around the edge of the supermarket, that's where all the fresh food is and all the whole foods are, if you go down the middle of the aisles, that's when all the process packaged foods are they're not as good for us. But one little thing I also would like to add is, although I'm mentioning all this, I do live by the 80 20 rule.

[00:03:44] **Mike:** 20% of my time I will have tortilla chips. I will have Mexican food or Chinese takeaway, but it will be two out of 10 meals, not eight out of 10 meals. So the other 8% of the time I'm trying to get it right. And then getting back to fish. It's been suggested, that, that fish, it help it's protein.

[00:04:01] **Mike:** So it's gonna help with muscle recovery. The fish oils will help with inflammation caused by the exercise will aid with quicker recovery. It may mean, less muscle soreness, which, more training would probably help you get faster at running. All being looked at the, lung performance it's gonna help with that as well.

[00:04:19] **Mike:** Yeah. The fish oils will help improve the blood flow and therefore that will help deliver more oxygen to the muscles at peak performance times joint health. The omega fatty three acids will help ease joints stiffness and come back the chemicals that may cause cartilage damage.

[00:04:37] **Mike:** I in the joints. Again, it's low in sugar, these high in fats, low in sugars. So it suggested that it actually might help with more fat loss. It, research shows that the more fat we eat actually doesn't make us fat as it means eating less sugars. And we might actually therefore. Not store as much fat in the bodies if we're getting more fat in our diet.

[00:04:58] **Mike:** And the big one that I've touched on is fish is great for heart health. And that's why we take fish oils. And as well as fish, I probably do overkill on this because omega three is good for heart health. And It's good for heart health. So I probably don't need the fish oil supplements, cuz I'm getting so much fish in my diet.

[00:05:15] **Mike:** I eat fish every day in Japan. So hopefully I won't get cardiovascular disease as I grow older. So yep. Fish, it's a big one. And I recommend everyone should eat fish at least once a week. I try and get it simple for a fish once a. Yeah.

[00:05:29] **Daren:** And if you're vegan there's a lot of ways to get protein.

[00:05:32] **Daren:** And fish like omega threes from beans and, tofu ish,

[00:05:37] **Mike:** flax seeds, as we said, flax seed and walnuts, flax seeds I'll give you omega threes. It's harder. I, this isn't, we are not. Vegan. And so it, I think that's conversation, separate conversations again, for people who are vegan and trying to live in a vegan diet, cuz it, it is much more complex to get the vitamin minerals and fat balances to a vegan diet.

[00:05:56] **Mike:** Yeah, definitely.

[00:05:57] **Daren:** That sounds like an episode in itself. It's vegans there's a lot of people I could probably pull, but how to run healthy in a vegan diet. But anyway, we're not talking about that right now. We're just talking about whole foods that help us recover every day that are easy to get number two, a protein shake or a smoothie.

[00:06:15] **Daren:** And I personally. am a big fan of them. They just take a while to make and then it's a lot of ingredients and I'm sitting there and there's like a cleanup. So I should probably take it more. But it isn't easy food and you get a whole lot of you get a lot of stuff in there. And if you throw some protein powders in there, then you can even I guess that's why it's called protein shake, but you can even get some decent.

[00:06:38] **Daren:** Calories and you get your protein. So it becomes like a full meal in itself, throws some avocados in there, protein powder and whatever berries and bananas that you can get real natural occurring sugars. What's your

[00:06:49] **Mike:** take on it. Yeah. You take basically shake. You're making a liquid meal. The, for me.

[00:06:54] **Mike:** I always think about shake as it in the basic ingredient is milk. So I'm pretty lazy. I don't make shakes, but I will have berries with my porridge and I I might, so I it's how you vari it. If you love making shakes and drinking, then that's great for me. I would make a latte with with semi skin milk and probably have a bowl of porridge with berries on.

[00:07:14] **Mike:** So you could do the other, you could just get your milk and put the berries in and mix it up and put avocado in there. And end up with the same form in a liquid form again, make your own, don't buy them. If you buy them, they're gonna add loads and loads of added sugars in the drinks as well.

[00:07:28] **Mike:** And don't add sugars to them because there's enough sugars in the milk that you're making. So that's the only concern with shakes. Don't buy shop, bought shakes, make your own and then, what's gone into it. You're just putting in. You could even make it with skin milk, just put skin milk.

[00:07:42] **Mike:** If that's what you're worried about you could, if you're a vegan, you can put soy milk, almond milk, coconut milk. The options are huge. And then as a fruit BES, the best, I think just throw some berries in there to mix it up and make a shake. Yeah. And a great recovery drink after you've been training, getting the protein and the carbohydrates.

[00:08:00] **Mike:** And I would even. And if you put an, a, an avocado in there, you're also getting some great essential facts in, in, at the same time, a previous podcast, we did just gotta remember that it's not a bottomless pit. You can over, over recover and take too many calories in. And a shake is a simple way of getting calories in quickly.

[00:08:16] **Mike:** So it could be a cause of people putting on weight if they take shakes because they're taking too much food in. So that's something just to be aware of with them.

[00:08:26] **Daren:** All right. Number three. Shaking it up. I know we had it a list earlier, but I did say rice and there's different types of rices and I eat different types of rices depending on.

[00:08:37] **Daren:** Where I'm at my training cycle or even the day. So I'm a big fan of white rice after a hard workout day, or if I'm fueling for a big workout the next day, but usually just daily. It's usually brown rice or black rice. And I love the way black rice tastes. I think it's it just, there's blue rices out there.

[00:08:56] **Daren:** There's so many different types of rices, but a fun fact, black rice is actually not rice. It is actually grass. So it looks like rice and it cooks like rice, but it is more of a grass vegetable that is super high in carbs, like the carbs really high, but it also has a shit ton of fiber in it.

[00:09:13] **Daren:** So what your take on.

[00:09:16] **Mike:** Yeah. So in Japan we eat polished white rice. So generally you get the rice and you take it to a machine that processes it and strips out all icon, all the good benefits from it. , that's the fiber the husks off the fiber that that protect us the we, and yes but white rice does taste good. It's a simple Carb hydrate. So as a rule, yeah. Brown rice is the best way to go. If you can. The undefined brown rice it's. As it comes well out the ground, but off the husk. And it's going to give you

the protein. I think about 6% protein in rice. It's gonna give you the fiber, the natural fibers, which are protective and the carbohydrates white rice is simple white rice.

[00:09:54] **Mike:** It's very close to sugar in many ways it gets absorbed very quickly. So long term. There is a problem with us having too many simple sugars. However, having said that when I'm preparing for a race and I don't seem to be the anyone that does it these days is that, my car loading is I go to, to rice as my diet.

[00:10:11] **Mike:** It, it cuz white rice, it's had all the fiber stripped out of it. So I'm not going to lie. It just gets turned straight in the carbs, get stored. So as a recovery meal, if your stomach's a bit tired, it gets absorbed quickly. As a pre-race meal, it's fantastic because it's its simple carbohydrates that they're gonna get into the system really quickly.

[00:10:28] **Mike:** So yeah I like white rice, but as you say, we should be having brown rice on a daily basis. I don't, we don't get black rice in Japan as it happens. So it's not readily available here. Oh no sunrise rice, which we call Gemma or white rice.

[00:10:44] **Daren:** Oh, wow. Yeah. There's black rice. I've seen some blue rices red rice out here.

[00:10:48] **Daren:** So yeah, that I really like the red rice is really strong, but yeah, all those colored rices they end up, they're similar to potatoes where, you start getting into the colors, then there's more fiber and there's more micronutrients. And wouldn't have black rice. One hour before race, but or even brown rice, but it's really good just as daily, which leads us to number four potatoes add break.

[00:11:16] **Daren:** This episode is brought to you by energy coaching, which is Mike tree's, coaching service, Mike and his team of coaches work with beginners to pros and all levels in between. No one is too fast and no one is too slow. They just want a desire to learn and improve. They focus on 1500 meter races to marathon running and triathlon training energy coaching is constantly overbooked.

[00:11:35] **Daren:** So Instagram and this new podcast venture trees in D lake gives Mike and the rest of his energy coaching team, a way to reach out to more people

and help them contact Mike and his team at. The letters in rg-coaching.com or go to the link in the show notes

[00:11:58] **Daren:** and back to the show. Good number four potatoes. And again, there's a oscillating kind of scale where one end, most of the time, I'm trying to eat sweet potatoes. They taste phenomenal with salt and Basically salt and a little bit of pepper. I think sweet potatoes. They have that like sweet sour or not sweet sour, but that like sweet and salty type thing going on.

[00:12:20] **Daren:** And you don't need to add any extra sugar to them, but yep. Sweet potatoes are phenomenal most of the time. And then there's white potatoes. Another fun fact about white potatoes. . Certain white potatoes are actually higher in fiber than others. And I think there's like golden white potatoes yellow, white potatoes.

[00:12:38] **Daren:** And then there's the brown, white potatoes. So certain ones, depending on what they are. And you might have that at your disposal, you can have that information are gonna be closer to sugar as in white rice. And then others will be closer to a sweet potato, but I just lump all white potatoes as in just a quick star.

[00:12:54] **Daren:** What do you think about that? Do you eat potatoes? Are you a big fan now? Yeah,

[00:12:57] **Mike:** I'm from England. . We all eat potatoes in England. It's our staple diet. Again, yeah, it, it seems that potatoes. As you've got white potatoes, they're consider to be high on the glycemic index to closer to simple sugars and sweet potatoes are meant to be lower on the glycemic index and so healthier.

[00:13:16] **Mike:** So if you have a choice, I would say that sweet potatoes currently are more in favor than white potato. Having said that. If you are getting something out the ground and you are having a baked potato and you've got the skin on it. I think it's a pretty good healthy source because you're getting the fiber the protective fiber with the simple sugars at the same time.

[00:13:35] **Mike:** And it seems to be when you eat the fiber at the same time as a simple sugar, it has a bit of a protective covering around it. If you just strip all the sugar out and make chips with it, I think you're not getting a healthy diet. It

depends how you eat the potatoes. You'd have to be a pretty strict nutritionalist to say a baked potato, because it's a simple white potato is not particularly healthy for you.

[00:13:57] **Mike:** I, but you'd have to be also, a. Tougher man than me to argue that chips or you call 'em potato fries are healthy. They're their process. They're in oils, bad

[00:14:06] **Daren:** oil. Exactly. It's oil and there's no fiber. Yeah. There's no skin on it. So it just ends up being, it's a strip down form of it.

[00:14:12] **Mike:** But sweet potatoes. Yeah. They I love them. They do one of my favorite foods. Yeah, I would. Pick sweet potatoes of white potatoes every day of the week. But having said that a baked potatoe or just boiled potatoes I don't think there's anything negative. I'm all for any kind of natural food and getting a balance in it.

[00:14:29] **Mike:** So if you process it, so tortilla not tortilla, but potato chips as you call 'em we call 'em potato crisps in England. Yeah. I wouldn't exactly consider that as a potato being processed too much. Yeah. And I tried to stay. Pre chopped up oven, ready chips and things like that. So if I'm gonna make chips, I'll make my own chips from a potato there.

[00:14:48] **Mike:** And then, so I know when I've done to it,

[00:14:51] **Daren:** number five berries, and I, we could easily go down the root of. All fruits because it just gets too, it gets too broad. We're trying to stay specific here. I like to eat berries one, they taste great. Two. And you could probably talk about the science of this, the antioxidants and antioxidants are usually good for endurance athletes.

[00:15:10] **Daren:** I have read some studies and I won't talk about that today that antioxidants actually are not good for endurance athletes at certain times of their training period. We won't go down that route, but yeah. Tell me about berries and tell me what berries that you eat that you think are good for recovery?

[00:15:25] **Mike:** It comes out. This is where research will say, X is good for you and why it's bad for you and getting lots of arguments and it's getting a balance.

And if you just eat berries all the time, I'm sure that's not good for you. But if you just ate rice all the time, it's not good for you.

[00:15:39] **Mike:** If you're getting a balance side of everything, that's the things that what these researchers tend to do is when they push something that's good or bad it depends on how much you're getting of it and what you're looking. And so everything will have pluses and minuses. Yeah, they're very low calorie.

[00:15:53] **Mike:** Berries are great because they're very low calorie. So they're not actually that high in, in sugar content. They are a natural source of antioxidant. And so they're important for cardiovascular health. Great source of vitamin C, as we know, they're they help strengthen the capillaries and they might even, they dampen inflammation in the body.

[00:16:13] **Mike:** I tend to have berries every day. I'll have porridge because oatmeal is also, good way of. Keeping cholesterol down, good heart health, and then sweeten it with the berries. I, my, my favorite is raspberries. Every time raspberries, but blueberries are also awesome. Strawberries, any kind of Berry.

[00:16:32] **Mike:** I love them all and can eat them all day long. So great snacks as well. It's just a great, healthy food to be having. So berries. Definitely should be consumed every day in my view.

[00:16:44] **Daren:** All right. Number six, nut butters. And I kept this one broad because I am allergic to tree nuts and tree nuts are basically everything except peanuts and coconuts.

[00:16:56] **Daren:** So I've got a, and that's what I'm allergic to. So almonds, I can't have walnuts the whole list of pistachios, which is, makes me very sad because I know the health benefits of almonds is phenomenal and I can't have them because I will die. , it's wow. Better that I stay alive and don't have them. So the only nut butter that I could have is peanut butter.

[00:17:17] **Daren:** And I'm not allergic to Hazel. So the, again, I love these fun facts. Everyone gets a fun fact on every one of these numbers. There's different levels of Nu tree, nut allergies. I met a guy that also was allergic to tree nuts. He

could have almonds, but not hazelnut. And not walnuts. I can't have almonds, but I could have Hazel nuts.

[00:17:37] **Daren:** So there's like this like hierarchy of tree nuts. And depending on the family and tree nuts are actually also in the same family as certain ones. Peaches and plums. And if you actually eat a peach or a plum and you look at the pit the core, it looks exactly like an almond and it wasn't until I was eating a plum and I looked at it, I was like, oh my God.

[00:17:57] **Daren:** And actually I I get allergic reactions from peaches and mangoes. Very mild, but they're in the same family. As almonds and nuts, so that I digress on that. That's just because podcasts and we like to talk a little bit of shit. I think Mike is

[00:18:10] **Mike:** okay. Just got off just to show you. I Literally when we talking nuts, you go , for people listening to podcast, I just pulled a packet of natural, mixed nuts from next to.

[00:18:19] **Mike:** So I I eat them all every day as snacks. Yeah, at the moment I'm eating a few, too many cookies just to, as my, when my leg was hurting. . That was just stress release, but yeah, nuts.

[00:18:29] **Daren:** Tell me when you shoot him and when you should not because. You can, oh, you can overdose on nuts.

[00:18:33] **Daren:** There's a lot

[00:18:34] **Mike:** of calories in them. They're very fattening. Yeah. The thing is they're super high calorie. So that's the main thing is just, it's a little, it is only a few that you need just be careful not to overeat on them. And I would recommend, just measuring them out, working out how many calories are.

[00:18:47] **Mike:** Typical serving, just a few handful is you have to 200 calories super quick, but they're full of essential fats and great, very healthy, low in, in sugars and pack full of minerals. They are really good for us. And going back to your peanut butter, we, in a sense we're covering nuts and.

[00:19:05] **Mike:** Peanuts. We're

[00:19:06] **Daren:** doing both. Yeah. We're doing six and seven Nu nuts and salting nuts. If

[00:19:09] **Mike:** it's a peanut spread I only go for the natural one with the oil on top, so that I look for any kind of almond spread or, almonds are great peanuts not quite as good, but they're still pretty good in my view.

[00:19:22] **Mike:** And I actually like the taste of peanut butter more than I do with almond butter, but I'll get a natural one with no oils added. Because often they add Palm oil, salt, and sugar. To them, which makes them less healthy. And but it makes it look nicer and come out the jar nicer. But uh, if you just get a peanut oil, a peanut butter or a, an almond butter or something like that and it's natural, the oil will float the top.

[00:19:43] **Mike:** You've gotta stir it with a knife and it takes about five minutes to get the healthy, all stirred up. And it's a pain. But it's healthy. It's the natural food and it's a great, healthy snack that I like to have with with bananas actually. So one of my pre-training foods that I do when I wake up in the morning is I'll have a cup of coffee and I'll get a banana and I'll just.

[00:20:03] **Mike:** Spread a thin layer of almond butter on the banana. And that gives me some sugar, some fat, some protein and I'm ready to go. Again, nuts as well as being a high source of essential fats. They're also very high in protein as well, which is great. So I think, the typical the balance it's if taking peanut butter, for example, is typical, serving would be seven grams of protein.

[00:20:23] **Mike:** It says here it's, so it's equal protein and carbs, and then double the FA fats. So seven grams protein, seven grams of carbs, and 16 grams of fat is the balance that you get. And of that in P peanut butter, it's 13 grams is monos, saturated, and three grams of saturated fats. So it's a high source of unsaturated fats and you're also getting.

[00:20:46] **Mike:** And you're getting a, if you're getting a non added sugar, you're only getting three grams of sugar per hundred grams. So it's not too. About actual sugars and again, peanut butters they're high in calcium, magnesium, phosphorus,

potassium. And so yeah it's a pretty healthy spread to put on your bread to go it's much better than putting jam on there.

[00:21:09] **Mike:** Yeah, I'm in, into my. Peanut butters. And also it's suggested that taking something like peanut butter kicks out to metabolism as well in the morning and helps they, they're suggesting maybe a little bit of peanut butter before racing will help spare the carbohydrate stores for longer when you're running a marathon.

[00:21:27] **Mike:** So that's quite an interesting fact.

[00:21:29] **Daren:** Oh, all that leads us to the final one. Number seven. This could go on and. But this is we've already spoken actually about salt and nuts. You pulled out the bag. Since I can't eat nuts, I can only eat peanuts, which actually are not nuts to actually legumes and legumes are closer to beans than they are nuts in the kind of Scientific tree family, but seeds, I can eat seeds.

[00:21:51] **Daren:** And in particular, pumpkin seeds and sunflower seeds are ma jam. I usually what I like to do as a nice little snack is some dark chocolate Kaka nibs. This is usually in the off season. If I'm in the race build, if I'm training really hard, I usually am snacking on carbohydrates as I need them, and I recover better from them.

[00:22:11] **Daren:** But if I'm in the off season and I'm just chilling, doing a lot of base work, I don't need that many carbs. I'll have a handful of seeds. So pumpkin sunflower I'll get them salted. I might put a bit of spray oil, rice oil. Toast them in the oven. That's quite nice. And maybe throw in some Sultana.

[00:22:30] **Daren:** They call 'em T here, raisins, as they say in the states. And that's like this nice balance. It's like a trail mix of sorts for me. And then I get a lot of the nutrients that I'm missing out on with my nuts. So I'm just gonna lump all nuts and seeds together. And it's salted. So you get that salt kick that a lot of endurance athletes need because we're sweating.

[00:22:48] **Daren:** We need to replace those electro. So what's your take on that?

[00:22:52] **Mike:** Yes. As long as you're doing the sport, you've gotta remember that salts can give you high blood pressure that there we can get too many salts. That's the only visor that it, I would say it's best to buy something unsalted.

[00:23:03] **Mike:** And if you're gonna put salt on, add your own salt on, then you know how much salt you're getting but season nuts yet essential. And oils. They're fantastic. Also high in, in protein, low in sugar. So they're very good for us They, season that's they help support the growth of the blood cells and they strengthen the bones.

[00:23:20] **Mike:** So of course they're very good at promoting, healthy oxygen transmission around the body and a strong structure, so they'll help build bones, which gives you a strong structure as you pound in the pavements. Whether they, you, since people would argue they help by building strong bone structure.

[00:23:35] **Mike:** It helps reduce the risk of injury. I would argue that just it's not just eating the nuts per se. It's getting a good, balanced diet of everything. And it, this really wraps it up. It's not just the nuts. It's not just taking the fish oil. It's not just having brown rice. It's not just the sweet potatoes.

[00:23:51] **Mike:** It's everything. And it's a balanced diet in having as much variety as possible. What I would like to say as a summary for this in the west, we have what we're call it. I dunno if I was in Australia, we have five a day. It's one of my five a day. It's good for me. One of my five a day.

[00:24:04] **Mike:** That's so ridiculous. I've gotta have five, Fruit and vegetables, five, a day to have a healthy diet, and someone will have a packet of crisps or a packet of fries as chips as you call them in America. And then say, yeah, that's a vegetable. That's one of my five, a day in Japan.

[00:24:17] **Mike:** It's 30 a day. So you have to have 30 different food types a day. That's the difference? So the reason that the Japanese have the longest life expectancy in the world is every day, People will be attempting to eat 30 different kinds of food types. And if those are unprocessed natural whole foods, that's a pretty healthy diet.

[00:24:36] **Mike:** And a potato. Yeah. Some berries. Yes. Some nuts, some seeds, some broccoli, some cabbage, some. An orange, an apple, you soon, it's quite

difficult to get it for 30 a day, a bit of milk. So 30 different kinds of food types. I don't always get there, but it's a nice little goal to make sure I'm getting that kind of variety in my food.

[00:24:57] **Mike:** I think if you attempt to get that far down the line, you're gonna be eating a pretty healthy diet.

[00:25:04] **Daren:** Go welcome to the show. I'm your host down or so AKA D link tips and tactics. You could train like a pro there's cast to help you faster than you could go. All PE y'all sugar video course records that comes in your upcoming season.

[00:25:19] **Daren:** Don't you agree? Endurance sports, a metaphor for life. That's that metaphor, baby eating clean so you can rest, sleep all night, mess a lot. Don't mess a little, just stay in the. Don't master off auto don't master the none. Just be a master of some

[00:25:36] **Daren:** is the help and fitness internet too much, sometimes too many conflicting articles and videos that confuse you on how to train and eat, or you don't have time to just read and watch everything about, I don't know, the new trends on carb cycling for trail running. Don't worry. We'll take care of all that for you.

[00:25:52] **Daren:** Sign up for our free email newsletter, three thing Thursday, 1, 2, 3, we'll put three. Curated and created things in your inbox for better living and training, go to [D lake creates.com/ttt](http://Dlakecreates.com/ttt). We do the hard time consuming work and scour the health and fitness Internet's deepest and darkest corners. This is so that every Thursday you have our piping hot new email with the latest and coolest tips, tricks, tools, tactics, and skills also that you can train and live consistently to do dope shit in your next endurance event.

[00:26:23] **Daren:** If you sign up now, you can receive my quick guide on how to get healthy, stay fit, and use. Create habits that last a lifetime that's D lake creates.com/ttt to be inspired and motivated on the regular time. Time is a resource. No one can make more of, so we appreciate you taking precious time out of your day to listen.

[00:26:45] **Daren:** This far, our goal is to show the world how to live better through running. Cycling and triathlon the episode, and many others have a transcription go to the show notes description to find out more. This was produced in Sydney, Australia, and I'd like to acknowledge the Gadigal of the Euro nation, who are the traditional custodians of this land.

[00:27:01] **Daren:** I pay my respects to the elders past president and future. I recognize that continuing connections to the land waters and culture, these lands were stolen and sovereignty was never seated. If you like this episode again, we'd highly appreciate it. If you go on whatever app you listen to and make sure to follow delay creates podcast, we're.

[00:27:18] **Daren:** Apple podcast, Google podcast, Amazon Acast and a bunch of others. And if you're feeling real loose, a rating review or share of this episode to anyone, that would be into something like this would be amazing. If you have any questions, concerns, suggestions for the episode or hell you wanna be on the show, hit us up.

[00:27:34] **Daren:** The best way is to email talk T a L k@dlakecreates.com. We're also on the socials main Instagram. You can hit up Mike trees at the letters. Are you in dot NRG or you can hit me up on instagram@dlakecreates.com or just wherever you can find us is fine. If you need any transcripts you're into podcasting, or let's say you just are big into accessibility.

[00:27:57] **Daren:** Please use the company that we use. Speech docs. You can check them out@speechdocs.com. Don't worry. If you didn't get all that, there's a link in the show notes description. Thank you again so much for listening. Peace.