



## Trees & DLake Running Tips To Master Life This or That with Remy B Reel



[00:00:00] **Daren:** Some people run by distance while others care about how long they've actually been out. Who's wrong? Who's right? What do you do? Does it even matter?

[00:00:11] **Daren:** We find out the answer to all those questions and more on this special series called This or that featuring Remy B Reel on this episode of Trees and D Lake trees.

[00:00:20] **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.

[00:00:30] **Daren:** A bit more on that for Mike Trees.

[00:00:32] **Mike Trees:** 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.

[00:00:46] **Daren:** Mike's being pretty modest. He has over 50 years of running and doing triathlons under his belt.

[00:00:51] **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.

[00:01:01] **Daren:** 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.

[00:01:07] **Daren:** Oh, quick language warning. In some rare instances we might use some bad words, so apologies in advance for that. I teamed up with my content brother from another mother, Remy. Be real. To make this new style of video podcast glory. Our main goal is to discuss and showcase both sides to a particularly polarizing topic.

[00:01:26] **Daren:** This hopefully lets you see another side that you might not know about or you can double down on the one that you're at right now. All in the hopes that you can perform better in your training, racing, and life. The choice is yours because you can get with this, so you can get with that enough for me. Let's get into it.

[00:01:45] **Remy:** Good morning, good afternoon, good evening. Thank you so much for coming back to a special series, Something a little bit different on Remy B, Real Cross with My Man D Lakes. How you

[00:01:57] **Daren:** feeling? My dude? I'm feeling good. Chilling like a villain. Sipping on penicillin, but I've been training in racing and doing pretty good, man.

[00:02:04] **Daren:** Doing pretty good, but we'll get into that in. Hell yeah.

[00:02:07] **Remy:** Love to hear. Love to see it. This is called this or that. There are no wrong answers, but know that you could either

[00:02:14] **Daren:** get with this or you could get with that. You could get with this, so you could get with that. You could get. We'll stop it there. In this episode today we are talking about something that I like to take the contrarian view on, and that is, would you rather train on time or would you rather train on distance?

[00:02:31] **Daren:** And again, there is no right or wrong answer to it. Everyone has their own objective. What are we working towards? What are we, what's the whole point of this? So then your why and your reasons gonna be different. So Remy, what would you choose?

[00:02:45] **Remy:** Man, if you're gonna ask me time versus distance it's gonna be time. Always. And I'll tell you why

[00:02:52] **Remy:** you heard it. I definitely prefer to train by time. And the biggest reason being it's just easier to structure the rest of your day. Cuz let's face it. We don't have all the time in the world as amateur athletes to dedicate to training. So it's nice to know that if I'm headed out, I'm gonna be out for 60 minutes, 90 minutes, however long it's gonna be, and I can plan my day backwards from there, knowing when I'll be done, when I can be expected to get back and get ready to move on to the next thing.

[00:03:23] **Remy:** Whether that's work. Childcare, you name it. Another important factor is knowing that six miles in the heat and humidity are not the same as six miles in the slush and snow, but when you're training, by time you can adjust to the conditions and adapt your training based off that. Lastly, your body has no concept of the.

[00:03:50] **Remy:** But it does understand time. It knows how exhausted you've been. It knows how long you've been out and how tired you're getting. So if you haven't met that distance, but you just keep pushing, you could risk hurting yourself and minimizing those training gains. And as a bonus tidbit for you, it's really cool to be able to measure your progress by seeing that, Hey, in 60 minutes, I used to run five miles.

[00:04:17] **Remy:** Now in 60 minutes, I can run five and. Six, six and a half, seven miles and so on and so forth. And that's why I choose time over distance. What do you think, Darren?

[00:04:27] **Daren:** So would I rather train by time or would I rather train by distance? And without a doubt, it's always going to be time for two reasons. One, because the body doesn't know, and two, because it's pro.

[00:04:38] **Daren:** Let me tell you more.

[00:04:40] **Daren:** So number one is because your body doesn't understand distance, doesn't know how far you're going, it only understands your heart rate and perceived rate of exertion and time. Let's say you wanna do three by seven minutes at a certain. Pace or a certain heart rate, it's much easier for your body to understand that.

[00:05:03] **Daren:** And it also makes sense in the context of knowing your lower limits and your upper limits. So if you wanna make sure that, especially for me for sub-threshold efforts, I wanna make sure that my heart rate gets in a certain zone for a certain amount of time. And I also, I need to get into that zone cuz if it's below that, then I'm not actually gonna get the benefits.

[00:05:20] **Daren:** And if it's above that, then I'm not gonna get the benefits and I'm actually gonna do more damage. So it's a combination of all. And to my second point about being pro, it's pro a f I think that we should do more of what the pros do. And what I mean by that is a lot of amateurs raced by feel and they raced by, what they think anecdotally should work.

[00:05:43] **Daren:** And that's not always the case. I'm not saying do everything the pro zoo, cuz some of the stuff they do, they can do because they've got massage therapists, they've got a whole team with them. They don't work full time jobs, they don't have families, so don't do everything they do. Pros train on time, especially in the base season and moving into more competition and then they shift into distance, which we'll get into on the next part.

[00:06:05] **Remy:** We did poll some of the audience though, and some of the responses. We're actually a lot closer than I thought they would've been. What's

[00:06:13] **Daren:** really interesting is we've got 46%. Time and 54% train on distance. That's way closer than I actually thought it would be. I thought most people out there train on distance and that actually makes me feel better.

[00:06:26] **Daren:** I don't feel like such a contrarian, such a weirdo, even though I'm fine with being a weirdo. , what is it? What is it? Being normal's. Being normal's. Weird. That's a saying. So yeah, some of the responses. So yeah, some of the responses

[00:06:37] **Daren:** Ad Break

[00:06:41] **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.

[00:06:58] **Daren:** Energy coaching is constantly overbooked, 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

[00:07:23] **Daren:** and back to the show.

[00:07:25] **Daren:** Here's Mike Tree's. Catch them @run.nrg on Instagram.

[00:07:29] **Mike Trees:** When I was younger, I got caught up in the distance. Dial and gotta run 70 miles a week. I'm gonna run 80 miles a week. Oh, the elite to do a hundred miles a week. I've gotta run hundred miles a week. And I did a lot of junk just to hit the numbers.

[00:07:43] **Mike Trees:** And it was really not until I started triathlon in about 1987 that I realized that all that was totally wrong. The heart only knows how long it's been, how much it's beating, and the how long. So I switched everything on my. Because I realized that a 5K swim is a long way. It takes a long time. A 5K bite ride is a waste of time in terms of the training session.

[00:08:05] **Mike Trees:** So you can't compare distances between the sports. And that has got me thinking, why do we just do everything in time? It's so much more efficient that the body understands time. You've got the natural body clock, the rhythms, the cycle, everything else, and. I work with my athletes on, for example, they might be doing a six hour training week or a 10 hour training week.

[00:08:25] **Mike Trees:** An elite guy bank Ryan man might be doing a 20 hour training week. And we work on hours. And so yes, I'm big into hours. They are certain times that you need to delve into the distance. If you're doing a 5K time, try, you can't say, Hey, go and run 20 minutes. . I say, Look, go warm up. Cool down.

[00:08:44] **Mike Trees:** The whole session's gonna take you about an hour, but do a 5K time file in the middle, see where you get to. So sometimes you need to do distance, but as a general rule, it's time.

[00:08:54] **Mike Trees:** Here's Chan Nguyen's take.

[00:08:57] **Chanh Nguyen:** I think this is so interesting because two years ago I trained by time for this race just because that was really new.

[00:09:05] **Chanh Nguyen:** and then I couldn't make the cutoff. This past year I found a coach and I asked him, Hey, what do you prefer? And, he's like always it depends, it's mountain running. So technically time is really useful, but when it's cut off, just because I can run for 12 hours doesn't necessarily mean I will make the cut off.

[00:09:26] **Chanh Nguyen:** So this year we basically focused on the cut off times. So I should be able to do, it was like, I think every eight to nine miles on average. So he would just put me on a terrain and yeah, just train. And eventually I was able to make the cutoff times. This year it's just because we were just a little bit more focused on the distance between each cutoff.

[00:09:51] **Chanh Nguyen:** So maybe this is like a hybrid, the more I'm saying it, it is time, but a distance. But I guess because it's a race, it's just it was just so important that I had to be able to do the 50 k. So this year, The same amount of time. Last year it took me 11 hours. Couldn't do it this year.

[00:10:09] **Chanh Nguyen:** It took me 11 hours, but I was able to do the distance itself.

[00:10:14] **Chanh Nguyen:** Here's Danny, Jamie's take.

[00:10:16] **Danny Jamie:** I train my distance because I find it just a lot easier to maintain and track volume. If I wanna run a seven mile run, all I've gotta do is make a seven mile loop and I know wherever I wanna stop, I'm gonna stop right there.

[00:10:31] **Danny Jamie:** I like to look at a run and be like, All ran 7.00 miles. Perfect.

[00:10:39] **Daren:** Here's Ave Awards.

[00:10:40] **Ava Ward:** Take catch them at Lord Wording Tony I on Instagram. I would say time because I climb a lot of hills and those take a while, so I wanna get credit for all my work.

[00:10:50] **Daren:** Back to the poll results. Better for trail running where same distance trail could take wildly different times.

[00:10:56] **Daren:** So that was Ellen Wadley went. Time and we got ponti pants 85. Great name. More distance. The faster you get at shorter distance. So I'm gonna guess he went for distance and but then

[00:11:11] **Remy:** PK. Pk GRA came in and said, Just move to time. Best decision ever. And I think there's something to that, very dependent on the sport as well.

[00:11:24] **Remy:** So we do throw the broad spectrum of endurance sports out there, but I can definitely see that if you are planning a 10 mile race, you have to know that you can cover that 10 miles. But at the same time, if you are a triathlete or a swimmer, Sometimes you just need to focus on the time because there is no way you are gonna cover 70.3 in your

[00:11:48] **Daren:** training

[00:11:49] **Daren:** Look, you can I, for my Ironman training, I broke it up and I didn't switch the distance until about, about six weeks out, and it was all just like swimming. I actually did. I did exactly 38, 3 0.8 Ks, which is whatever, I don't even know, 2.5 miles or whatever. And I remember being like, That's it.

[00:12:08] **Daren:** And then everyone was like, Why don't you do 4,000, meters? And I'm like, Nah, I don't need to. Cause I just, swimming was just always Ugh. Swimming. But I wanted to make sure I could do 3.8 Ks, I had the Rocka shorts and I wanted, in a pool. And I was like, Okay, in the ocean you got salt water.

[00:12:22] **Daren:** I'll have a full wetsuit on, so I'll be even more buoyant. So it'll be. Quote unquote easier. And on the bike I did five hours. I knew I was gonna be on the bike for anywhere from five to five and a half, and then I always, after the bike, I ended up always running. The bike and I would run like hour and a half, two hours was like the biggest thing I did four weeks out.

[00:12:40] **Daren:** I did a swim, I did a 38 3 0.8 K swim, which is the whole swim. I did a five hour bike and then I did two hour run off the bike. And that day it was a nine hour training day and it's 80%, 85% of what I would do for the Ironman was a 10 and a half hour Ironman. So it was distance, it was all distance that day.

[00:12:54] **Daren:** The bike was five hours. I didn't care about that, but but yeah. You do need to do distance. So that was my whole, the whole point of that rant was you do need to do distance at times, but I'd say the majority of your training, at least for me, should be time and maybe you should try that.

[00:13:07] **Daren:** So try it. If you do distance all the time, try time and like me, I do time all the time. And then, when I go over the distance I'm like, this is different. This is cool. Right now I'm doing one K intervals, I'm doing 500 meter intervals. So it's different. It's different and it's a good change up, but you're still getting the working.

[00:13:22] **Daren:** Your body doesn't know, either

[00:13:23] **Remy:** way. Absolutely. And to that, I was swimming to time every time, and my coach was noticing that, you know what I. Starting to stagnate in my progression and then he unh and said, You know what? Don't worry about the 45 minutes. Finish that 3000 and it took a little bit longer, but then the next session, oh

my goodness, my pace is getting a little bit better because I did go that day and then we're starting to up that a little bit more and now I'm finding that, okay, now that I know I just have to cover that dis.

[00:13:57] **Remy:** I don't wanna be here all day, so let me start to pick it up. There's something you can place some mind tricks if you know that I'm just out here for an. That time is gonna go regardless of the effort you put in. But if you just know that I have to cover this distance, listen, I don't want to be here all day, so let's move.

[00:14:17] **Remy:** But that's where we stand. That's the polls that we had, but the conversation is ongoing. Let us know down in the comments your take. Trained by time, trained by distance. We'll continue the conversation here. Until next time, y'all, it's been real. Thanks for hanging out. We'll see

[00:14:34] **Daren:** it. Pierce, let's go. Welcome to the show.

[00:14:41] **Daren:** I'm your host down Ren, so aka d link tips and Tactics. You could train like a pro this cast to help you faster than you could go all to pay y'all. Your could be course records that comes in your upcoming season, right? Don't you agree? Indoor four. A metaphor for life. That's that metaphor. Baby. Eating clean so you can rest, Sleep all night, mess a lot.

[00:15:01] **Daren:** Don't mess a little. Just stay in the middle. Don't master off auto, Don't master the none. Just be a master of some

[00:15:10] **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 right, 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.

[00:15:27] **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. 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.

[00:15:53] **Daren:** Also that you can train and live consistently to do dope shit in your next endurance event. 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

[00:16:10] **Remy:** the regular

[00:16:13] **Daren:** time. Time is a resource no one can make more of.

[00:16:16] **Daren:** So we appreciate you taking precious time out of your day to listen 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.

[00:16:36] **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.

[00:16:52] **Daren:** Podcast. We're on Spotify, 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 you know 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.

[00:17:09] **Daren:** The best way is to email talk T A L K D, Lake creates.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, please use the company that we use Speech Docs.

[00:17:35] **Daren:** 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.