



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



[00:00:00] **Daren:** Picture this, it's race, morning of the race you've been training for all year. You've got your races, your race, clothes, race, sing it, race shorts, et

cetera. And your race tunes or do you, are you the type that races with music or without it? We'll find out why. Maybe you should and maybe you shouldn't on this special series called this or that featuring Remy, Be Real on this episode of Trees And D Lake

[00:00:29] **Daren:** Welcome to Trees and D Lake, a podcast series by Mike Trees and yours truly, Daren 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.

[00:00:40] **Daren:** 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. You can go with that. Mike's being pretty modest. He has over 50 years of running and doing triathlons under his belt. And if you're wondering about me, I've been in the endurance sport game for about 25 years now.

[00:01:05] **Daren:** 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. In some rare instances we might use some bad words, so apologies in advance for that.

[00:01:25] **Daren:** Warm up complete.

[00:01:29] **Remy B Reel:** Good morning, good afternoon, good evening. Thanks so much for coming back to yet another special episode of this or that. I'm Remy with my Man D Lakes. How you doing? My man? Doing great training, racing, living, doing it all.

[00:01:45] **Remy B Reel:** Feeling good. Now, we've said this before, just to reiterate.

[00:01:51] **Remy B Reel:** These are polarizing topics that affect the everyday endurance athlete. There are no wrong answers. We just wanna know where you stand

[00:02:00] **Daren:** because you could get with this or you could get with that You, you could get with this or you could get with

[00:02:06] **Remy B Reel:** that. Yeah. Yeah. So what are we talking about this time, man?

[00:02:10] **Daren:** So today we are talking about racing and do you use music in your racing or no music? So this is hyper polarizing. This is one of those things where you think it would be your way, everyone would be, but it's not your way. So Remy, what do you do during a race?

[00:02:28] **Remy B Reel:** I'm so glad you asked, man. Let's take a walk and talk about it now before you get mad at me.

[00:02:32] **Remy B Reel:** Hear me out. Music is awesome. It has its time, its place podcast. Podcasts are great to. But there is nothing quite like being one with your surroundings. I'm a little spoiled. I get to run out here all the time. I get to ride out here. There are lots of lakes, there are lots of trails. But being one with that nature and being in tune with your body when you are out on a training session, hearing your foot strike so you can hear if you're shuffling, if you're not picking up your feet.

[00:03:01] **Remy B Reel:** Hearing if there's any oncoming traffic coming around, if there's a group of deer up ahead of you, scampering through the woods, anything like that. It's great to be able to hear and be in tune, and chances are in some of these big races, Music wouldn't be allowed anyway, right? So yes, in some races you can wear your headphones, but a lot of events are saying for your own safety, you should be able to hear the marshals.

[00:03:30] **Remy B Reel:** And why would you go to a wonderful experience only to drown out the sound of the crowd, support in the excitement and the atmosphere by pumping the same playlist that you've listened to over and over. I'd rather be one with the scenario, be with the environment, and really soak it all in. That's why I choose to train without music, without headphones at.

[00:03:54] **Remy B Reel:** but that's me. What about you, Daren?

[00:03:56] **Daren:** All right. As I said before, it helps me with my cadence and that is the reason why I use it. I'll go into a little bit, maybe now, maybe a little bit later on why it isn't good, but I need my cadence to be at a certain. Tempo at a certain steps per minute. And I found that when I go lower or higher, I don't perform as well.

[00:04:15] **Daren:** So it's all about the optimal cadence. And there's a little bit of obviously motivation and it the perceived rate of possession goes down. But honestly, I'm not focused on all that. I just really, when I race, I just wanna be in the zone. And what I mean by focus, so it's cater to then focus, is I feel like I'm in my own world, especially when I put some glasses on and I got those headphones in, I feel like I'm in this And it's just like me and the road and the race and other people around me that I'm racing, that I'm either pacing with or going round.

[00:04:45] **Daren:** It's the right, It just keeps me steady. With all those things I found that I train and race better. Wow.

[00:04:50] **Remy B Reel:** So that's where we stand. Now let's hear from one of our audience members who did

[00:04:56] **Daren:** submit this video. Here's Mike Tree's. Take catch them @run.nrg on Instagram.

[00:05:01] **Daren:** Okay? For me, that's a no-brainer. If I'm racing, I'm focusing on the race.

[00:05:06] **Daren:** So no music, no distractions. I have a mental image they go through and I'm constantly checking how is my breathing? Are my shoulders relaxed? Am I landing correctly? What's my cadence doing? Relax, and I just keep telling myself, I go through, I do these body checks the whole time I'm running. Where's my competition?

[00:05:23] **Daren:** What kilo mark am I at? Is it time to drink? Do I need to eat? Am I relaxed again? I go back and just keep constantly going through them. If I'm listening to music, I'm just getting so into that track that I'm not focusing on the race. However, having said that, a long, slow run. I love listening to music.

[00:05:40] **Daren:** right? Here's an Baja on Instagram when it comes to running or listening with music. Although I do some of my long runs listening to music or podcast, I still feel it's better for me to run without music and I'll do most of my training without. It just to feel my surrounding, feel my full, and feel what I'm doing.

[00:06:03] **Daren:** It's just much better for me to make sense of my running without music. Here's underscore banana underscore splits on Instagram. Definitely with music I almost never, ever run without music unless there's been a malfunction of some kind. I need that fast and loud music in my ears to make me go faster and feel louder.

[00:06:24] **Daren:** Here's Brian Barney PT on I. So in

[00:06:26] **Remy B Reel:** terms

[00:06:27] **Daren:** of racing with music or not with music? I guess it's depending on the length of the race. If it's a longer race and if it's a course where there's not a lot of people, then I definitely wanna use music. But if it's shorter, if there's a lot of people, then I'd just like to

[00:06:39] **Remy B Reel:** soak

[00:06:39] **Daren:** up the environment.

[00:06:40] **Daren:** And here's another take on music and no music during racing. Here's run.anastasia.run on Instagram on race day. I'm a no music person and I think it's just because I train without music. And so the thought of trying something new and crazy on race day when I have my jam down every day when I'm out for a run.

[00:07:00] **Daren:** Yep. I just stick with what works.

[00:07:02] **Remy B Reel:** And this is another one that came back a little closer than I expected as well. And we've got folks ranging from Sly Fox saying, I just don't like to hear myself breathing, and fair enough get the music. I what the poll say. The poll said music 42% and no music, 58%.

[00:07:29] **Daren:** There was probably about 30 responses. So it's not just a poll three people and.

[00:07:36] **Remy B Reel:** Break.

[00:07:40] **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 pro 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.

[00:07:57] **Daren:** Energy coaching is constantly overbooked, so Instagram and this new podcast, Venture Trees and D. 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 NRG coaching.com or go to the link in the show notes

[00:08:21] **Daren:** and back to the show. And again as Remi just said, really interest. How close that was because I thought most people do know music and I used to be anti music personally, but I realized as I said earlier, that it really helps me with my focus and especially with my cadence. So there's actually a third part that I saved for now, and it's a third reason, which is a con of not using music cuz I'm all about music.

[00:08:52] **Daren:** But if technology breaks during a race and you're not used to hearing your body, Suffering and the breathing and your feet hitting the ground. And even the change in cadence, like your brain knows that your cadence has slowed down two steps per minute. Like it actually knows that. And even though you might not know it, your brain then goes, Oh, I feel tired.

[00:09:12] **Daren:** Okay, I hear I hear the tired. Now I'm gonna start actually shutting down certain. Functions because you don't have that hyped ness of the music. You don't have everything blocked out. So now you end up running slower. Even though you have the capability, it's not like you're not fit or you're not ready, it's just you've been relying on the crutch of the music to block everything out.

[00:09:32] **Daren:** So while it, like I said, it helps me focus, it actually can do the opposite if. Again, your technology breaks Or let's say that race day, they're like,

no headphones allowed, Which they're allowing headphones. 10 years ago they didn't allow headphones, but now they allow headphones in most things.

[00:09:45] **Daren:** I know. Triathlons, I don't. But yeah you gotta be ready for everything to happen. So maybe during your training, get used to

[00:09:57] **Daren:** Like you gotta feel it out. Yeah. Cuz that, that freaks people out. And I didn't know that was a thing until I was listening to music so much that. What is this? What is this? I'm hearing my body, and it was just like to that, and we spoke about some of this earlier, one of my training aids when I have certain paces and tempos I need to hit.

[00:10:18] **Remy B Reel:** I've been really keen on not just music, but one song. One song at a certain BPM on repeat and you know what? To each their own. Some folks will use a metronome app, but I've got a couple of songs that depending on the tempo, I will take that one song and will even sometimes do the math of if I need to run.

[00:10:43] **Remy B Reel:** At this pace and the song is this long, how many times will I hear this song to achieve that goal? And sometimes the answer is 33 times it'll play and sometimes it's 25 times it'll play. But having that it's a really good pace setter and you can't always depend on it, but it can definit.

[00:11:06] **Remy B Reel:** Get you trained up.

[00:11:08] **Daren:** That's interesting. And I'm gonna just jump in one last point onto your point on the song. I actually listen to DJ mixes. I listen to drum and based DJ mixes, and I'm sure most of the audience is American and Americans don't know about drum and bass. But if you're British or maybe even Australian or anywhere outside of America, you know about drum and bass.

[00:11:24] **Daren:** And funny enough, fun, fun fact drum and bass is considered black urban music in London and Europe. So in the States it's considered that weirdo electronic music, but. Yeah. I'll call it techno here, I think. Yeah. It's just all techno. Yeah. Yeah. Even though, luckily electronic music is cool now but I was into it like a hipster before it was cool 20 years ago.

[00:11:44] **Daren:** I was listening to drum bass. So I listen to these drum and bass mixes and the cool thing is that most DJ mixes are a set bpm. So the songs change, but I have the bpm, so I get an hour and a half long DJ mix. And I use an app called VLC Player, which I'm sure if you are a PC person, you know about VLC player, Video person.

[00:12:02] **Daren:** But they have it on the iPhone and that's the only app that I know that you can change. Speed of the song. So I use it for when I'm listening to podcast and I need to just listen to it really quick. Two x. But then I realized, yo, this drum basement is 175 BPMs. During this type of race, I like to be at 180 BPMs.

[00:12:23] **Daren:** So I then do the slider to 1.03 so it's 3% faster or 1.02 faster, depending on the mix. You can, And now I have 180 steps and. Check that. Cause my watch if you have any smart watch with an accelerometer or you have a flip pod or you have a power meter, you will get your cadence and I can confirm that's it.

[00:12:42] **Daren:** And I test that in my training. Then I go to the races and do that because I found out that higher cadence when I run faster works for me. For really fast workouts, I need to be at 182 steps per minute for a temp run. 180 is perfect, a slower run, a hundred seventy six, a hundred seventy eight. So I found that I vary between that, but but yeah that's a little techy thing.

[00:13:03] **Daren:** I might even go deep and do a little tutorial video on that in the future. So get ready. For that, because I feel like that's a cool little running hack that no one knows about. But you have to listen to DJ mixes one that are drum and bass, because house mixes, they're not 180 bps. That's also the beauty of drum and bass, because drum and bass is basically two x hip hop drum, and bass has a very deep connection to hip hop.

[00:13:25] **Daren:** So a lot of hip hop music is between 80 and a hundred bps times two. You get 190, 180 BPMs, et cetera. So a hundred sixty two two hundred. So this is very musician.

[00:13:36] **Remy B Reel:** Which brings it full circle. Cause I know some very well mannered soccer moms, school teachers, doctors, professionals that listen to the angriest, most aggressive gangster rap when they run.

[00:13:51] **Remy B Reel:** Or metal.

[00:13:53] **Daren:** Or metal. Or metal. There you go. Couldn't listen to the angry metal. Sorry. Because it helps you. Yeah. Rage against the machine.

[00:13:58] **Remy B Reel:** All of that will help you keep that. But that's, Now it's your turn. Chime in. You know how to do it by now. Get into the comments. We'll hang out for a little bit.

[00:14:09] **Remy B Reel:** Let us know if you get with this

[00:14:11] **Daren:** or you get with

[00:14:12] **Remy B Reel:** that. With that, there are no wrong answers, but we wanna hear from you. Let's keep the conversation going. If you've enjoyed this one and give us a don't forget to subscribe and be sure to check out the previous video right here where we talked about training by time or by distance.

[00:14:32] **Remy B Reel:** Till next time, y'all, it's been real peace.