17 Race Day Hacks You Haven’t Tried (That Actually Work)

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[00:00:00] In this episode, I'm going to break down 17 race day tools, tactics, and hacks. At the end, you will be equipped with everything you need to possibly run your best race time. And I'll even help you do this by giving you a free guide, cheat sheet, an eight week training plan so that you can put all this information that I have in my brain and I'm downloading it to yours to use ASAP and run, hopefully your best time.

[00:00:21] So stick around until the end and get that. But first picture this, you've been training for six months to run your best time you're working with coaches. Dialed in the right workouts, showed up consistently, and the weather is looking perfect for your A race. But you want to be extra sure and have a bit of insurance so you can nail that time that you've been working towards.

[00:00:39] What's a runner to do? Well, that's where understanding what the 1 percent gains of the running and exercise science world could do for you and give you those precious seconds or even few extra minutes to get that personal best. So there's a lot of supplements and quick fixes out there that claim to do a lot for you, but which ones actually work?

[00:00:55] Which ones are best for you? What races do they work best for? And how complex or expensive is it to actually take and execute? Well, don't worry, I'll

answer all those questions for you and more in this episode. But first, I'm Darren D. Lake, certified running and nutrition coach, sub three hour marathoner, and 10 hour Ironman finisher.
[00:01:12] I've been helping other self coached runners researching and experimenting on how to better myself 1 percent each day. Unlike other running brands, we don't do inspirational motivational quotes and quick fixes. Instead, the 1 percent Better Runner transforms you with small step by step daily habit improvements, all to help you live an amazing run life.
[00:01:31] Let's get into it quick warning. Before I start, let me be direct. These tools are like sprinkles on cake. They only work when you've got the fundamentals, the cake, the actual cake, when you get that right first, while they can enhance performance. Misusing them goes against our 1 percent better philosophy.
[00:01:47] I suggest you start with 25 percent of any recommended dose that I give you from the upcoming episode, gradually increasing by 25 percent daily until you reach the full amount. For your needs stop immediately and consult a medical professional. If you have any issues, remember this is for informational purposes only.
[00:02:04] I'm just sharing my experience and research because I'm a running coach online. So take it as you will. With that said, let's get into. The framework of how I'll go through everything. This is very important because this will set up why I'm doing everything and how I do it. This is so comprehensive and such an intense, ultimate guide that I wanted to make sure you really understand it all.
[00:02:24] The 17 race day tools will fall into three categories with the Some crossover at times, but the three main categories are behavioral. So these are things that you can do without ingesting anything. Supplements, laboratory created nutrition, powders, pills, oils, liquids, et cetera. And then diet, normal food.
[00:02:40] You can get from the store that you can eat. That's it. That's simple. The three behavioral supplements and diet. Now each hack will have a rating based on the below. So time to do it. Some of these things need time to either saturate in your body or for your body to adapt to it. Monetary cost. Some things cost little to nothing and others cost a lot.
[00:02:59] What it does, how to use it. It's pretty self explanatory. Why it's important for distance runners. Does it need acute use? So short term. Or chronic use long term, AKA, some things will give you a performance boost within a few hours and others might take a few months. Downsides, the law of conservation of energy applies to performance enhancements, meaning there's usually a negative trade off for every benefit.
[00:03:23] See, with the good, there's always bad. You got to deal with it. General complexity, how hard it is to do this in your normal day to day. Now this is something that I learned very quickly. It's like, this is just hard. I don't want to do

this. Or, you know, is it worth doing it? So that's general complexity, best distance used for some of these are better for short bouts of like a few minutes, like a one mile time trial, 800 meter and others are better for longer distance stuff, half marathon, marathon, ultra distance, et cetera.
[00:03:51] This will help you weed out the ones that aren't useful for your upcoming events. And the last part is the links for research and evidence based scientific studies. Also, you can jump around to anything that interests you by using the timestamp chapters and just click on that and you can find what you're interested in or just consume this sequentially.
[00:04:10] In the normal order, I have used all of these, every single one of them, and I'll give you my personal stories and pair it with scientific data studies and expert opinions. I'll start with the easiest thing to do on race day, and then we'll work our way through to the most complex thing. By the end, you're going to be fully equipped to crush your race day times in any event from the mile to multi day ultra marathons.
[00:04:30] Let's finally get into the 17 race day hacks. Number one, caffeine. So that's the thing, category, supplement, time to do it. Five minutes, uh, one to two hours before the race monetary cost low to medium, what it does for distance runners. This stuff wakes you up and makes the miles feel less painful by blocking that hard effort feeling how to use it.
[00:04:52] Pop a hundred to 200 milligrams from 30 to 60 minutes before a long race or event. Start low to see how you can handle it. I don't handle caffeine. Nearly as well as most people. So I actually can really only do 50 to a hundred milligrams. I learned that the hard way. Some people might be able to do 300 milligrams.
[00:05:08] Why it's important for distance runners. Contrary to popular belief, caffeine doesn't actually give you energy. It sharpens focus and delays fatigue. So you can push harder when running on empty acute versus chronic use. It's acute. The downside jitters. If you take too much or you're sensitive, like me, heart rate spikes.
[00:05:25] Don't rely on heart rate data too much on race day. If you're. heavily caffeinated. You'll see that your heart rate is hovering BPMs higher than it should be the general complexity. It's pretty low. It's pretty easy to do it. You just take it in different forms, best distances, 10 K to marathon other notes.
[00:05:42] So caffeine cycling, going off of it for a week to get a big boost on race day. And you take a race day after you haven't taken it for a week that has been debunked. Just use your normal amount that you normally do and bump it up for race day. I'll have some notes and research links on caffeine for endurance performance below.
[00:05:58] Oh, and the show notes, or you could check out that free PDF and downloadable guide and training plan. Number two, race predictor test. So this is

under behavioral as we're starting with behavioral time to do it 30 to 60 minutes periodically monetary cost. I'd say low. It's probably free. What it does for distance runners.
[00:06:17] It's like a sneak peek race day, pushing yourself in a test race shows where your fitness really stands how to use it. Do this two to three weeks before your race to see if you're on track. Race at. Your expected race pace to gauge performance. There's a lot of different race predictor tests out there. I like Yazo eight hundreds for half marathons and marathons.
[00:06:35] I like doing, you can do three by one mile. If you're doing five Ks, you could do five or six by one mile. If you're doing 10 Ks. Um, so one mile is about 1500, 1600 meters, uh, for shorter distances, you can do 400, you can do eight hundreds. So there's all these different ways you shorten up the rest, et cetera.
[00:06:50] This is not an episode on that. You can Google that stuff. Hit me up. If you want to know how to do it, why it's important for distance runners. If you want to avoid nasty surprise on race day, this test helps you adjust and fine tune. No more guessing games. This is acute use. So short term, obviously.
[00:07:04] Downsides fatigue, be mindful of scheduling it. So it doesn't wreck your training cycle, general complexity. I'd say medium overall, it's a bit vague, but it is hard to do best distance. All distances, other notes. It's not easy, but it gives a realistic estimate of upcoming race times and helps you With the strategy and pacing, you can use the VDOT calculator, which I did an episode up here.
[00:07:24] Check the links for the VDOT calculator. Or if you're listening, go on the show notes or just search D Lake VDOT calculator, and you'll be able to see that episode on that. It's great. You can plug in whatever interval paces that you've done in your training or current race or last race. And then you can get a prediction or what your training pace should be.
[00:07:41] You can update those. The last note about the race predicted test is that I've found, and from Some research and studies that I've seen, you should do this about nine to 12 days before your main race so that one, you can get the recovery from it and two, you can actually get the performance benefits because when you stretch yourself right after your body gets a bit weak and then it gets strong again.
[00:08:01] So nine to 12 days seems to be about the range. Number three, proper taper. So this is still behavioral the time to do it. You want to do it one to three weeks out from your race It's a low cost. Obviously, you're just tapering what it does for distance runners It pulls back your volume mileage kilometers, but keep your intensity So you're fresh but not sluggish when it's go time and you need to do kind of a sunset ramping and i'll talk about in a second So drop your volume one to three weeks before the race.
[00:08:28] That's how you do it But keep some fast snappy sessions don't overthink it less is more why it's important tapering gives you that perfect balance Arrested

but ready too much rest equals flat legs too little obviously burned out acute versus chronic use. It's acute A downside is potential loss of fitness if overdone and the paranoia about feeling lazy So the way I would do it is let's say, you know, i'm doing a marathon which i've got coming up I would do a two to three week taper.
[00:08:55] So three weeks out. I would drop down 80 to 90 percent the volume so if I was doing 100 kilometers a week 60 miles a week, I dropped down to A 80 kilometers a week or that would be 50, 50 miles a week. Then the second week out, it would be about 65 to 75%. Then the third week out would be 50 to 60%. And that would be your race week.
[00:09:17] So you have to calculate obviously the race. I wouldn't count that in. It's more like the training sessions beforehand. And it's okay in this taper week to take an extra day off and just do nothing or light stretching. General complexity is medium because you need to figure out what your body likes.
[00:09:29] Some people don't like too much of a taper. Some people need a lot of taper. I personally love the taper. I really, really need the taper. The best distances for taper, I'd say all of them, but I found that probably some 10k people, definitely half marathon, marathon, ultra get the best benefits out of a taper and some kind of side notes, embrace the energy that you get the extra energy, trust the process, your fitness, your struggles, say your fitness went away.
[00:09:53] I promise it did not. So there's some links for the research on taper that I will have again in the downloadable, the free downloadable. Number four. High quality sleep. All right. So. This is behavioral. Obviously you can do this. There's no drugs need to take it takes eight to nine hours Daily to do I'd say seven to nine.
[00:10:13] I'm actually a seven hour seven and a half hour sleeper. I'm fine right there I'm on the lower end and I found that I'm good Monetary costs low to high depending on your sleep setup Some people need a lot of stuff to sleep what it does for distance runners your body heals repairs and restores during sleep No sleep equals no performance.
[00:10:29] It's very simple how to do it Aim for seven to nine hours, especially before and after heavy volume and hard, fast sessions. So why it's so important for distance runners, sleep is your secret weapon, free, effective, and crucial for recovery without. Trying because you got to sleep everyone's sleep. So you might as well optimize that.
[00:10:49] What is it? It's a force multiplier. That's what sleep is. So if you get one extra hour of high quality sleep, you will feel and perform 10x better in running in your life. So why not optimize for that general complexity medium to high because sleep is a lot of people like, oh, sleep's hard. You got to figure it out.
[00:11:06] It takes practice to sleep. Well, if you don't already best distance all distances and pro tip, if you do the crime hard training, You got to do the time sleep if you get this right your entire life gets easier and you'll run faster So there's so

much research matt walker's book on why we sleep is a great place to start I did an episode on sleep rest and recovery.
[00:11:26] You can get a link somewhere up here or in the show notes or video description below number five a resistance band So I'm going to let the co host of this show, sometimes Mike trees, AKA run dot energy on Instagram. Who's got almost a half million followers. He's an ex pro runner and triathlete, and he coaches people at very high levels.
[00:11:45] He's amazing. He's done it all. He's been running and coaching for the last 50 to 60 years. This is his take on the resistance band. I don't believe in there's no shortcuts. So, uh, I'm an anti hack guy, ankle bands. These are stretch bands that activate the glutes, the leg muscles, uh, and, uh, they're a great warm up tip I've been using to strengthen my glutes, actually.
[00:12:08] Glute, the biggest muscle in the body, also the laziest, tends to switch off. And I find a lot of runners Uh, we'll actually run without using their glutes. They'll sort of fire from the hamstrings. So I put ankle bands on, uh, lighter than normal as a warmup before the race. This activates all the muscles I'm going to use when I'm running, uh, and ensures that, uh, I, I run really well.
[00:12:30] I'll use the bands about 15 minutes before I start running, trying to get as close as I can to the start. Uh, just so the muscles don't switch off again. If you don't do it, you feel like you might do a five second less PB. Possibly. 30 seconds over 5K for me at my age. I, I've experimented a lot. I do a lot of park runs.
[00:12:51] Uh, and if I don't do it, the muscles aren't warmed up. They're not firing. And for me, I found it works. So it's an experiment of one, uh, on me. I know it works for me. Uh, I've got a lot of experience. I I'm convinced it'll work for other people as well. I have a few friends that try it and like it. Uh, but I don't have any documented evidence to say this will save you 10.
[00:13:14] 15 seconds or whatever it won't harm and I'm pretty sure it'll help you on a little bit quicker. All right So this is a lot to take in we're only on number six coming up and you're probably like yo Darren I just want to get started on something man. Don't worry. I got you. I've created an easy to read table spreadsheet PDF with a checklist, a quick start guide and mega bonus in eight week.
[00:13:36] Don't start your race so fast free mental, mindful running training plan. Yes, most of us suffer from starting either too fast or too slow, which is me. I always do the slow side of things. This training plan will hopefully fix that. All of this is free because I love helping folks out in the world to scan the QR code right here.
[00:13:55] Click the link in the show notes. If you're on your podcast player app, listening to it or the video description below bonus, you'll automatically get signed up for more deep dives like this into consistency habits and incremental self improvement for all the smart self coach runners out there. So it's the email newsletter that you'll get and it comes about once a week.

[00:14:15] Let's get back into it. Number six hydration and electrolytes This is obviously things that you consume now liquid and electrolytes which can be pills and also powders diet Category time to do it. It's ongoing. It should just be all the time. As long as you're training, you always need this stuff.
[00:14:31] Monetary costs, low to medium, depending on what you get, what it does for distance runners without proper hydration, your muscles are like a car with no oil, expect to overheat and break down. And with hydration is also. electrolytes, proper electrolytes. So how to use it, sip water with electrolytes before, during and after long races, especially in hot conditions.
[00:14:49] Or as I like to do, I take a pill, the pills, they might take about extra 30 to 45 minutes for it to hit your stomach and then kind of disperse and dissolve into your stomach. Whereas if you take it mixed into a powder form, so Gatorade's fine, you know, or sports drink, or if you just want electrolytes by themselves as a like, uh, element element tea is a big one.
[00:15:10] Everyone's. taking, um, or you just get them in your gel, et cetera. It doesn't really matter how you get them. You could even just use table salt table salt. The problem is it doesn't have the range of other electrolytes like potassium, magnesium, calcium, and a few others. Why is it important for distance runners?
[00:15:24] I think anecdotally in the past, there was this theory that it helped prevent cramps, but now it's more. That your muscles are actually like involuntary firing. It's not really cramping and electrolytes do help with it, but they don't prevent them. If you haven't ran the distance, electrolytes are more about helping keep your body cool and your muscles firing.
[00:15:42] So that's hydration and electrolytes. I'm kind of lumping them all together. Acute versus chronic. This is going to be chronic use. So you need to use this all the time. Downsides, potential over hydration, too much water can flush out electrolytes. So you need to make sure your electrolyte balance is good with your water.
[00:15:57] You do not need to over drink. You should hydrate 24 to 48 hours before your main event, and then sip to thirst a couple hours before. You should not be peeing clear right before the race. If you can, and during the race, I did that in my Ironman. And that actually was one of the reasons why. I struggled in the run part of my Ironman, but we won't get into that.
[00:16:16] It's a story for another day. General complexity. I'd say medium, because you need to figure out what your electrolyte and hydration kind of balances, your sweat rate and all that, which takes a while. Best instances. I say getting the hydration right is for all, but really half marathon, marathon ultras, the higher up you go, the longer you're out on the road.
[00:16:33] So other notes, so I've got a cool little hack. You should stop drinking your liquids two hours before the race to avoid having to go to the bathroom right

before the race and during the race. Yes. You'd be like two hours is too long. No, you're absolutely fine. If you hydrated up the day or two before the race, you a lot, and all you need to do is just drink about one liter, which I think is a court American.
[00:16:55] I'm American. I still don't even know American. So yeah, about one liter slash one court ish. Up to two hours before your race, maybe a little bit less depending on how big you are So then you will pee about two to three times before your race And you can sip to thirst in that two hours to race mark. You will not die of thirst during the race I promise you you can have water during the race, but you won't be peeing out during the race That's the amazing thing and you won't have that imbalance of water and electrolytes.
[00:17:20] Let's get into number seven dial in your nutrition So this is a big one because everyone is different. This is obviously diets. Now we're going in out of behavioral into diet and there's the next few time to do it ongoing because you got to eat because you're a runner, your human monetary costs varies, varies on a lot of places.
[00:17:40] So I'm not even going to say it's low to medium. I think you can be smart and find some low to medium costs, but don't skimp out on quality and quantity because you will pay for it, what it does for distance runners, you're not racing on willpower. Fuel is everything and the types and the macros you get, the protein, the carbs, carbs, carbs, and even the fat, uh, depending on if you believe in keto and you think keto is the way, et cetera, et cetera.
[00:18:03] Uh, I won't say any too much about that, but keto, if you haven't really done it for months on end, isn't the best way or low carb isn't the best way to do a long distance event. Feel free to flame me in the comments. If you disagree, good nutrition keeps you from running out of gas. Point blank. How to use it.
[00:18:19] Eat balanced meals. Again, carbs, protein for recovery. So carbs for energy, protein for recovery and fats for long term fuel. And it also transports vitamins around to your organs and through your blood, et cetera, and to your muscles. Why it's important for distance runners hitting the wall. It just sucks.
[00:18:35] The right nutrition prevents that dreaded halfway crash. Uh, it's obviously chronic. You need to use it all the time. Downsides meal planning prep takes time and it can be a pain for some, and it's just easier to Go to McDonald's, Macca's if you live in Australia here and you just go, let me just get the, you know, junk food crap or 7 Eleven, whatever.
[00:18:52] And, um, that's not the best quality. Sometimes it's okay sometimes to get just the sugary fatty, whatever, but it's usually not in the longterm general complexity. I'm going to say medium to high on this because food is, food is some serious business, best distances. It's probably, I'd say half marathon getting there.
[00:19:09] If you're running fast, half marathon, sorry, if you're running a longer half marathon, if you're out there for two hours, plus, uh, definitely marathon, definitely

ultra, you can get away with a pretty average diet. If you do 10 K 5k 1500, you just got to make sure you kind of just eat normal and you get your normal amount of carbs.
[00:19:24] You're not trying to do some silly diet right before the race. So other notes, carbs are King. I'm going to say that. I don't believe it. Science has said it. Aim for simple carbs, white rice, white bread in the 48 hours before long races. The longer your race, try to get simple carbs in and you can stay away from the complex carbs and the fiber and the veggies and you can stay away from fats 48 hours before the race.
[00:19:45] And junk food, while it might be high in carbs like pizza, burgers, what do you call them, hot chips here, potato chips, uh, french fries, et cetera, even candy and all that. But even some candies are loaded with fats and oils. So if you want peak performance, I'd say stay away from the junk food as much as you can.
[00:20:02] 10 to 20 percent of your meals can be junk food, but the day or two before race, stay away from the junk food, please. Your stomach will thank you. Number eight, creatine. So now we're getting into supplements. So we're out of behavioral, we're out of diet, we're getting into supplements. Time to do it. It's less than a minute daily.
[00:20:19] Monetary cost. I'm going to say low because a bag of one kilo bag or What's one kilo, a two pound bag of creatine is going to cost you very little per serving, which I'll get into the serving sizes, very small compared to the other protein powders out there, like whey protein and collagen and all the other protein, what it does for distance runners.
[00:20:40] It keeps your ATP, which is your energy currency topped up at, uh, adenosine triphosphate and there's different names for it, but that's actually what. Is the energy source and get your muscles to fire it so that you don't run out of gas halfway. And here's a kind of quick science. He run science little tidbit factoid is when you hit the wall, you actually aren't producing ATP efficiently while you might have the carbohydrate stores.
[00:21:05] And there's actually a lot of reasons why you actually are not able to lift your foot as fast as you did, you know, back five, 10 miles ago, how to use it. Take three to five grams daily. Every day it's a long term game. So keep at it. Uh, if you're bigger person taller, you could do six to seven grams Uh eight grams some people like to do a bit more i'd say start low and slow if you are a smaller Skinnier person, um, women, you might be okay with anywhere from two to four grams, depending on a lot of things.
[00:21:36] See how your stomach handle it. Please start low for the first week, one gram, second week, uh, two grams, third week, three grams, and then get up to about, like I said, three to five grams. The downsides, a lot of people, they end up

taking 10 grams right in the beginning and then they feel bloated and they're like creatine doesn't work.
[00:21:48] It bloats me. You know, you gain some weight because the creatine makes you take on more water. So you gain weight and people again feel bloated, but it's not. It's not actually what happens if you do it over time. It's important for distance runners. People think it's for weightlifters, but distance runners need ATP.
[00:22:03] Also, no energy again, equals no forward motion creatine for brain health. Actually new studies over the last few years have shown that it actually helps cognitive ability. It makes you feel sharper, more crisp creatine just helps. And there's no downsides to taking it. All the time, five grams all the time.
[00:22:18] You can miss a couple of days here and there you can take, you know, a week or two off, but try to take it as much as you can, especially around race time. So that's chronic use, general complexity, very easy. Just get a five gram scooper. So you don't have to think about it. Best distance I'd say all distances again.
[00:22:33] But definitely 5k to marathon. Anyone that does any activity, even people that are not active can benefit from creatine. Some other random notes and ideas powder I found is the easiest and cheapest. You can take the pill, but is it expensive? You got to take a lot of them. It's like six pills to get to the five grams of.
[00:22:51] The recommended amount and you only get like 50 or 100 pills. So you go through them quite quickly. And like I said, they're really, really expensive. It takes a few months to saturate one to two months to really saturate in your system. You can do higher doses if you want more muscle gains in the offseason, but expect.
[00:23:07] extra water weight and you'll just be higher in scale and you might have a little bit of pudge around your stomach. That's fine. All right. Going into number nine, we are halfway through tart cherry juice. So this is an interesting one. This is not regular cherry juice. This is tart cherry juice, two different things.
[00:23:25] This is a supplement. Obviously it takes less than a minute. You got it ready. Right in the little thing you got monetary cost medium what it does for distance runners anti inflammatory hero It is that reduces soreness and speeds up recovery. All right how to use it. So It's best to drink if you can 30 to 60 mils or that's one to two ounces of the concentrate Try to get the concentrate tart cherry juice if you can I also take it in the pill form.
[00:23:52] So liquid or pill form is fine I think the pill form is easiest. I don't have to put in my fridge I just make sure I take it and you want do it right before your races, so you could do it a couple weeks before to really get that week before, especially to really make sure you get in the antioxidants, which I'll get into what it actually does and get the recovery proper.
[00:24:11] Or if you do regular tart cherry juice, that's obviously watered down. You can just do a normal serving, maybe a little bit more. That week before why it's

important for distance runners helps you bounce back faster so you can stay consistent without feeling wrecked True studies behind all of this stuff.
[00:24:25] It's a part of war juice This is the first part of war juice and it's actually acute and chronic so you can get immediate benefits from it from higher recovery, but also over the longterm recovering the chronic longterm, you actually get benefits. The downsides, the sugar content, it is high in it, but if you don't overdo it and you're already training quite hard, it should be fine.
[00:24:46] That recovery, we could probably need to carb load, carb load. I'll put it in parentheses, but you, it's probably fine for that week. I wouldn't stress about it. General complexity. I think it's quite low, the best distance half marathon to marathon. It gets the most from it, but Anyone, these are so applicable to everyone, but anyone that does anything athletic will be better served by recovering as best as they can make sure it's tart cherry juice again, not regular cherry juice because it doesn't have as much antioxidants.
[00:25:12] It just has a lot of sugar. So tart cherry juice has way more antioxidants. Um, like many more like multifold three to five X. I think, I think again, it's part of my war juice blend. So start six to seven days out before the race. I have war juice episode up here. You can go check that out. It's a fun one.
[00:25:28] I'm going to go through actually the second and third part of war juice, and you can put them together, make a little concoction about six or seven days out. And let's go to number 10. The second part of war juice beetroot juice or beet juice. So. This is a supplement. I'm going to put it under even though it's kind of part of diet.
[00:25:45] But let's just call it a supplement. It takes less than a minute daily. Monetary cost. I'm going to say medium because it can get expensive. I've actually started taking the pill version of this. I used to take the beat it one. Um, make sure you shake it out. I'm just shaking it up, but it would be a little shot supplement.
[00:26:02] And that was, Could get expensive. So I actually take a combination of both and I'll do the beat it because I know exactly what it is. It's super high and be reduced. I'll do it about two to three days out from my race. What it does with distance runners. Let's get into the science of it. It boosts nitric oxide, which means more oxygen to muscles.
[00:26:21] Delaying that gassed out. I can't go any more feeling. It actually just delays it even by a few minutes. It would be huge. That a few minutes can get you a few minute best time. How to use it. Drink it two to three hours before your. A race or the race that you're trying to see to let it kick in. It does take that long.
[00:26:38] Why it's important for distance runners. It improves how efficiently your muscles use oxygen. It's like flipping on like a turbo switch or nitrous oxide in a way. Cause I mean, it is nitric oxide and boosted. So it is like nitrous oxide and the

people that watch fast and furious know what I'm talking about with the nitric oxide, that, that NOS and OS.
[00:26:55] Some of the downsides, uh, taste, some people don't like the taste. It stains and you end up getting red colored. P or red colored poo, which is a big one. It happens usually after A hard training session or a hard race when you're dehydrated That's when everything is purple and dark red and it looks like blood in your your pee or your poo Um, but it is not hopefully it's not but uh, you know, definitely, you know If you have any issues go to a doctor, but you if you've been taking beetroot juice, they'd be like, all right It's most likely beetroot juice Another huge thing is that you need to avoid antibacterial toothpaste, which is Pretty much all toothpaste, unless you're a little baby, 30 minutes before or after you take it because it kills the nitrates.
[00:27:36] So it even even if you like make sure that you like Shoot it in the back and you brush your teeth. You don't have any toothpaste go in the back of your throat It might seep back just don't even mess with it like they negate each other So either wait to brush your teeth or brush your teeth and then wait I say even closer to like 45 minutes sometimes if you can General complexity, I'm going to say medium because getting the right beetroot juice that has the right amount of nitric, uh, nitric oxide is really, really hard to do because no one really knows the ripeness of the beet.
[00:28:05] So you just kind of just need to use a lot of it and it gets a bit messy with exactly what it is and then getting the high end one and all that. So that's why I put general complexity and medium. Best distances, the shorter, the bout, the better. If you do three Ks or even one mile type stuff, it's really beneficial or power lifters and all that.
[00:28:23] So short, fast stuff of a couple minutes up to 5k, there has been studies showing that half marathon and marathon is benefit, but the longer the actual event, the less you get the benefits out of beetroot juice and the nitric oxide, just to FYI, I've got a whole bunch of science and data and more on beetroot juice.
[00:28:41] With that download. That goes into detail with the spreadsheet and everything and the plan. Make sure you get that. So that's right in the show notes below or video description. Number 11 cordyceps mushroom. I always want to say cordyceps mushrooms, but it's not, this is a supplement. It takes less than a minute.
[00:28:57] This is the third part of the war juice monetary cost. It is medium to high. You can get some high quality ones in bulk if you want to get the dried ones. But I personally like the liquid and I'll talk about which liquid you can get with that. Or you could do the pills. So pills, powder, liquid, but I've found that the liquid is the best from my research and my studies.
[00:29:19] What it does for distance runners increases your body's ability to use oxygen efficiently. So you can keep going when others fade out, how to use it, daily

supplement for longterm benefits, because it needs time to build up. It does take a few weeks to one to two months for this to build up. I used to think it took a week, but actually you need to be doing it minimum two to three weeks out.
[00:29:39] I'd say on the safe side, do four to six weeks out every day. If you can, it doesn't matter when you do it, why it's important for distance runners. Again, better oxygen use equals more miles, less effort. You're using your aerobic system longer during the race before you tap into your anaerobic glycogen stores.
[00:29:56] Which is way better because that can go forever. Your aerobic system, uh, chronic use. I'm going to say chronic because I used to think it was acute. I learned that it actually needs to be again over time. Downsides, none really except potential allergic reactions in rare case, it doesn't taste like anything in the amount that you're getting.
[00:30:12] It does not taste like anything. You're not eating ground up mushrooms. I promise you it tastes like pretty much like nothing. It's just a powder in your drink, especially if you mix it in with the war juice. General complexity. I'm going to say low and It's best for pretty much all distances between that golden 5k and marathon distance And yes There is a bunch of research and links and studies on this that I will link to this is going to be a huge one Because I want to make sure that you get the facts and that this is not some random woo type thing That's going to make you race fast.
[00:30:42] This is all science backed number 12 spirulina So this is something that I go back and forth on, but I decided to put this in the list. It's obviously a supplement. It takes less than one minute daily monetary cost medium. It's not that bad. What it does for distance runners, it fights muscle fatigue with antioxidants and it helps you sell power plants, mitochondria.
[00:31:00] Run better how to use it add it to smoothies or take pills daily. It's not the best taste, but it's worth it The pills are easier I found than taking the actual powder But do you if you want to have that green juice in there why it's important for distance runners again reduces Oxidative stress and muscle fatigue.
[00:31:16] So this is more of a recovery thing so you can Handle high mileage and intensity without burning out in the long term. Um, again, this is a big recovery thing. That's why it's chronic use downsides taste. Some people don't like it. It does flavor things with that kind of greenish, very spirulina type thing happening, potential contamination.
[00:31:36] You want to buy from legit sources. General complexity is low, best 5k to marathon. And again, powder is cheapest, but taste the worst pill form is pricier, but it's easier. Your choice. It's getting to number 13. Beta alanine. Beta alanine. I think it's beta alanine. It's a supplement. So the time to actually use it, it takes less than a minute daily.

[00:31:59] How long it takes is chronic. It does take four to eight weeks for beta alanine to actually kick in and work for athletes and runners. I thought it was a couple of days. It actually is. A few weeks to a few months to really get it going. And it does need to saturate in your system to start buffering the lactate.
[00:32:18] There are some cases where people say it works very, very well. Other people like, I don't know difference. I actually saw this along with proper training that it worked really, really well. Monetary cost low to medium. So we are getting more complex with these. I think beta alanine is actually quite complex.
[00:32:33] I'm going to say it's medium to high, and I'll tell you why in a second. So what it does with distance runners, buffers, lactate, letting you push through tough efforts without the burning sensation and that, Oh my God, I'm going to die. Your brain wants you to just stop running feeling how to use it. Take three to six grams daily.
[00:32:50] Expect a harmless tingling feeling, which is parathesia. I said it right. I've talked about this in previous other episodes, which you can get that episode up here possibly or below. I've gone into detail on beta alanine, so I won't go with a deep dive. But a huge downside again is parathesia, which can be intense for some.
[00:33:09] It actually causes a bit of anxiety for me. And I found the best way to negate that is by taking one to two grams per day for the first week, then taking two to three grams for the next week. And then what you can do if that doesn't work, because that actually still didn't work for me, I ended up splitting it.
[00:33:26] So I'd do 2 grams in the morning, 2 grams in the afternoon. And then if I wanted to do 6 grams, I'd do 2 grams morning, 2 grams afternoon, 2 grams in the evening. It's annoying, but if you just have it all set up for the day or even the week, and you just go, boop, right into water, it doesn't taste like anything.
[00:33:39] I found it's actually quite simple once I do that. Um, Is it worth it? Again, general complexity. It's like, ah, we don't know. The studies are inconclusive for distance runners. I think anything can help. I found that it really helped me. My three K race that I did later last year, a few months ago. I don't know for the half marathon personally, but it does work for just general Weightlifting.
[00:34:01] It does work for just general. Just if you do power movements, you do sprints, you do strides, you do fast workouts. It will work for that for the race. It's like it might help you train better, which could help you race better. So this is kind of in that like murky area. Again, best distances are 800 to the marathon, but I'd say 800 to 5k is the best distance.
[00:34:20] Number 14, we're almost done. L carnitine acetyl or acetyl L carnitine, L car as they call it, it's shortened. It is a supplement. It takes less than one minute daily. Monetary cost. It's medium. It's not that expensive and what it does for distance runners. It helps turn your fat into usable fuel Keeping you going in longer races how to use it I car one to two grams daily This actually takes three to four

months to kick in some studies have shown two months But i've heard as long as four months and then you got to sustain it So it is a chronic thing.
[00:34:48] You got to keep using over and over again why it's important for distance runners steadier Energy from fat, which is aerobic, which you want, it will save you from using glycogen, which is the carbohydrate sugar stores in those final miles, or at least let you stay aerobic longer in your racing. And it also boosts brain function, especially the Elkar acetyl helps brain function.
[00:35:10] Why not? Why not be a better human in your life? Cause you're not running all day long. Why not use this creatine and acetyl Elkar does work very well for the brain. Downsides. There is GI discomfort. I've read, I have not experienced it. I've taken it in the powder. and the pill form, and I've had no issues, possible interference with thyroid hormones longterm.
[00:35:28] So if you have any thyroid issues, please consult a physician. If you want to use this or just don't use it, you don't have to use it. General complexity, low cause you just pop it, the powder or the pill form, best distance marathon ultra. I'm going to say that I'm going to put a half marathon in there because half marathon is very similar to marathon as far as energy systems used, but half marathon marathon ultra because it's just all aerobic.
[00:35:51] If you want more information on that. Check the link in the show notes or the video description below. Number 15, CBD oil. All right, we'll get into the last two. It's obviously a supplement, less than one minute daily to take it. I'd say monetary costs. You get into the medium to high, definitely if you want high quality CBD oil, medical grade type stuff, what it does for distance runners, it reduces inflammation and helps muscle recovery.
[00:36:14] So you're not too tired, too sore after those long, big days and weeks of training because you need to be able to recover from the hard work that you do. That's what your body does. It actually breaks down and then builds itself up and it's usually trying to make itself better. How to use it. Use daily or post race for recovery.
[00:36:30] Post hard workouts, start small to gauge the effects and then you can kind of ramp up as you need to. Why it's important for distance runners. It can, from some accounts, help tame soreness, speeding recovery, because it allows you to sleep better. That's the big one. It allows you to kind of recover, chill out and get better, higher quality sleep.
[00:36:49] That's where CBD oil comes in. Is kind of the magic and all that again, chronic use. I'd say you need to be using this as much as you can. Definitely one to two weeks before the race downsides. You can have potential interactions with medication. Quality control is inconsistent. So use reputable, high quality brands.
[00:37:07] I've had some like CBD mints and, uh, like, you know, peppermints and taking it. I was like, this is just sugar. And I've taken some gummies and I was like,

this is just. It's sugar from one, one of the, uh, dispensaries out and I was in LA and I was like, yeah, you need the oil. Another thing is that there's legal issues with access, depending on your region, you are in the world.
[00:37:28] Obviously a lot of places in the U S not everywhere in the U S it's legal. I think Canada, it's legal. Uh, UK. I don't know. I think it is legal in the UK here in Australia. It is not, but you can get it medically and New Zealand. I don't know. So I'm just trying to think Europe. I don't know. Check where you are.
[00:37:43] High quality oils are best gummies. I don't think they have enough CBD in them. You're just eating sugar at that point. And again, it helps you get deeper, better, high quality sleep. It's not a direct sleep aid though. It just allows you to get into better sleep and go to sleep faster. Stay in deep sleep better, which is high quality.
[00:38:01] Number 16, bicarb slash baking soda. Okay. We're rounding it out. This is a supplement. This is an interesting one. This is one that I have been messing with for a bit and I went from loving it to hating it to loving it. And I'll tell you why. All right. So the time to do it is about five minutes pre workout.
[00:38:19] So when to do it is another question. I found to do it two to three hours before Before your main event, your main race or training session to really let it hit your stomach and then go into your bloodstream and then do its magical goodness monetary costs low to high, depending on some factors. I'll tell you why, what it does for distance runners, it buffers lactate.
[00:38:40] So you don't feel that burning fatigue so early and your body and your brain don't want to quit how to use it. So this is really, really, really key. 0. 2 to 0. 3 grams per kilogram body weight about 60 to 90 minutes before. Because I don't want you Americans to mess this up. This is an American standards.
[00:38:58] It will be 0. 091 grams per pound to 0. 136 grams per pound. And if you're on ounces, that's 0. 0032 ounces per pound or 0. 0048 ounces per pound. Yes, just use grams way easier. The, the difference between 0. 3 is huge. 0. 2 is for beginners. 0. 3 is like, you are going to the toilet multi times before your race and ruining your race, or even during you're like, Oh my God, I can't handle this.
[00:39:29] And I had to deal with that. Cause I went straight from 0. 2 to 0. 3 thinking I could handle it. And my body's like, no, I can handle like 0. 23 grams. Yes, it is. I'm measuring it on a scale. Like I'm a drug, a drug dealer. It's a acute use. So it is not a saturation thing. You have to use it right before the Like I said, two to three hours before your event, you can practice with it, but practicing isn't going to give you the gains.
[00:39:50] You got to do this before. And there are legit studies that this stuff does work some downsides. Cause there's many to this major GI stomach issues. If you go overboard and that overboard is it's like the range is this much. So this much is

perfect. This much is overboard can ruin your day. Like I was actually on the toilet multiple times.
[00:40:10] That day I was like, Oh no, when I went too high, please, you need to start low and then testing your training. And then you can slightly go up, but see if you even can handle it and then see what happens. I wouldn't even stress because it's not worth ruining your whole day. I wouldn't even stress trying to go too much higher.
[00:40:27] Best distance is 800 to 5k. So it's all good. Up to 25 minutes effort. There's some anec or anecdotal evidence that people are seeing gains in the 10 K half marathon and full marathon, and that cyclists are doing time trials up to 60 minutes and seeing gains that hasn't been proven via science yet. So I'm going to be a bit skeptical of it.
[00:40:47] If you're doing the shorter races, this is great. I do know of someone that does this for marathons and they think that it works, but. Because the reason why it doesn't work is because you're not actually producing as much lactate if you run a marathon correctly or if you're a back of the pack marathoner.
[00:41:03] Maybe the fast marathoners and half marathoners are seeing it because they're actually going so fast and so hard that they are producing lactate, but the slow marathoners actually aren't producing enough lactate to where they're going to see a huge difference. Do as you will with that information. One other thing, there is a company that's making this so that it actually is okay on your stomach.
[00:41:23] And Mortine Morton Mortine is the company. I can't access it here in Australia. And I have a feeling that a lot of people outside of America and UK and Canada can't access it. So I'm pissed because they won't sell me this one thing here in Australia, but they sell all their other stuff, their gels and all the other things here in Australia.
[00:41:40] So I ended up making my own. Of this and I ended up making the morton version because I was just doing the bicarb soda Um, which is uh baking soda and I was doing that By itself, just in water, horrendous. I was trying lemon juice. I was trying all these different things. And then I realized I actually reversed engineered Mortine's Morton.
[00:42:00] However you want to say it. I engineered their product and actually figured out how to do that. And I made you an episode in the future on that. So if you want that, if you want me to show you how to reverse engineer Morton's, which is super expensive too, I think it's like 15 us. Per serving 15 or 20 us per serving or something maybe even more and i'm like is it really worth it So I ended up doing my own and it worked really really well and mortine mortine Did something really cool where they buffered the bicarb soda you're buffering the bicarb soda So it doesn't hit your stomach and mess it up more on that in the future But I think this is kind of a game changer if you get it right and I saw some crazy gains But I also didn't want

my guts falling out two minutes before the race do as you will with it And the last one sauna, this is behavioral So the sauna will take 45 to 60 minutes to do it And when to do it you need to do it two to three times a week and i'll get into A bit more of how to actually execute this the right way Via a protocol that I found So I'm going to say hi, because not everyone has access to a sauna.
[00:43:01] It's also a pain, general complexity. It's hot. It is a pain to get to a sauna unless you have a Swedish finish sauna outside your house or inside your house, uh, trying to go to a gym or a place, a wellness center that has one. And you got to time this and I'll talk about the timing. So what it does for distance runners activates heat shock proteins and boost red blood cell count, improving endurance and heat tolerance.
[00:43:25] So this is actually improving endogenous EPA. EPO is what Lance Armstrong and a lot of the runners and cyclists are getting hit with doping or they used to. It's some new stuff now and EPO can be taken in exogenously from other places or your body can produce it endogenously, therefore making it legal.
[00:43:43] How to use it. So again, 30 to 60 minutes, two to three times a week, build up slowly. And this is the way that I found that that works for me. Uh, and some, some studies back this up. So you need to do it for seven straight days to kind of build up. up a tolerance and to build up a saturation for lack of better words.
[00:44:02] So your body is producing the heat, hot proteins, et cetera, the EPO. So you do seven straight days. You want to do it ideally after a workout or when you are dehydrated or both. So right in the morning is great. Or right after a workout, because in particularly a hard or long workout, because you're dehydrated, you need to be dehydrated.
[00:44:20] You want to go into the sauna and not drink immediately. And you can sip. You can sip that's okay, but try not to just drink a whole bunch because that will actually negate some of the effects of Being in that heat you need to use Swedish finish dry sauna wet saunas do not do it. You need to get it up to 80 to 90 degrees celsius, which is about 100 to 170 Fahrenheit 190 fahrenheit.
[00:44:47] I think you need to be in that range. It's dry heat So you won't won't burn make sure you have no metal on you Please do not bring your phone in just meditate and you want to get It Up to if you can 10, 15, 20 minute sessions, 25 minute sessions, take a break, do a cold shower, do a cold plunge. If you have one, if you have a cold plunge, amazing ice, ice bath or a cold bath, do that for three to four minutes, then go right back in and do a second set.
[00:45:10] Again, however long you can do it, 10, 15, 20 minutes, take a break for your first time done for you. Maybe for subsequential times, you can do three sessions. So it would be three. 10 to 25 minute sessions total. That would be ideal. So you do that seven days a week, and then all you need to do is once on a session, once per week for about, I've read about eight to 12 weeks and that will

top you up and you'll keep with the high EPO levels and you'll also keep with the high heat shock proteins.
[00:45:38] You can then go back in and do seven days. So what you need to do is do this pretty much like 12. To 14 days out from your race you want to do seven straight days and then you have seven days to kind of like Absorb all the effects of it. Yes. It is a pain, but sauna works sauna with the other 16 things Oh, you are flying.
[00:45:58] So some of the downsides time commitment heat stress if you don't like hot You're not gonna like this finding a proper sauna or buying one. It's just expensive. So this is uh best for um Anyone I'd say anyone from the 400 meters if you're a sprinter out there, which I'm sure you aren't 1500 meter runners 5k runners Two mile runners half marathon marathon ultra are going to benefit from this now as I said on those other notes I'm going to say them again.
[00:46:24] You need a real hot sauna. Don't don't skimp on this Infrared does not work and The wet steam saunas do not work. They don't get hot enough. They may feel hot, but they don't get hot enough. So sauna adaptation and red blood cell production and athletes will be, there'll be case studies and all the science below in the show notes or the video description, or I'll actually have it in that free download.
[00:46:45] So check that out. I'm trying to have as much as I can. And I'll get into a few things to wrap this up more on those warnings from the beginning. So if you hung out this long, you probably are like, well, what's the downsides to all this again, these 17. 17 tools are add ons to a strong foundation. Don't expect supplements and quick fixes to make up for inconsistent training.
[00:47:07] Warning number one, be race fit first above everything else. You need to be race fit, not just casually running. but doing structured training with intervals, long runs, progressive loading, hill sprints, strength training, et cetera. You need to do it all these 17 race day kind of tips and tricks that I've given you throughout this whole episode.
[00:47:26] They give you one to 3 percent small gains, but on top of the proper training for an hour, 40 minute, half marathoner, that's still three minutes faster. You might be like only three minutes, but that's the difference between elite or pro athletes qualifying and possibly winning races. Warning number two, this is best for shorter races.
[00:47:47] Most research focuses on well trained athletes in events under 25 minutes. The longer you race, the less impact these tools have. Plus what works for elite athletes might not work for recreational runners. So again, go back to rule number one, warning number one. Just do the right training. That's the best thing to do.
[00:48:03] Get the right food, get the right sleep, get the right recovery and, uh, do the training and. hydration and nutrition. There you go. Warning number three, start

slow and smart. While none of these tools are dangerous, they're still forms of biohacking. Start with low doses, test during training, not race day, and always consult with a healthcare professional first.
[00:48:22] If you have any issues that you know about, or even, even if you don't, and things are kind of weird and you're like, Oh, this isn't right. Just go talk to them and stop using it immediately. Keep a bathroom nearby. For some of those training sessions, trust me on this one. I have done it many times, especially with that bicarb soda and warning.
[00:48:38] Number four, use sparingly. These are race day boosters, not daily supplement like super shoes. Save them for special occasions. They should feel like a party and a party isn't special. If it happens every day, the finish line consistency. And the habit traps to avoid. We covered a bunch and you'll either be inspired to try everything turned off to try nothing or in the middle and totally stuck.
[00:49:00] And I get it. I get the overwhelm. It's a lot, but here are a few more things you can do to make it an easier adoption period for you. One big issue I've found is just keeping up with all this. It's another damn thing, right? That's what everyone says. You're already training and doing the best with your life, but this is a hidden trade off.
[00:49:20] How much of your mental capacity do you want to put into this? You don't have to do any of this, and you can always do it. Also pick one or two things to focus on of the 17, knowing what to take, how to take it, purchasing the stuff, storing the stuff, getting it out at the right time, et cetera, is all a mind flux or F U C K, especially as you're getting more fatigued in your race training block.
[00:49:40] It's just too much to handle. I've been biohacking. Quotes, because I know some people don't like it and playing running lab rat with myself for years going on many decades. So this has become second nature for me to do this stuff and I like doing it But it took me time and I personally think it's worth it for you to try even a couple in the beginning I found it best to pick one or two things to focus on per race or even Per month if you race multiple times per year amazing You can try a few other things or habit stack them to make it easier to start.
[00:50:09] And I'll post on habit stacking for runners in the future. Let me know if you're interested in that. I'm only human and I know what I know. Did I miss anything that works for you? That's a hidden secret. Throw a link in the comments below if you're on YouTube or if you're listening. Email talk at delay creates.
[00:50:24] com or message me on Instagram at D L A K E creates. And again, if you want a deep dive and get started with the stuff, I've got a free runner's toolkit that includes a spreadsheet table of all 17 race day hacks, and it goes into more detail than I went into. So you can see it all arranged in one place.
[00:50:41] A quick start guide and an eight week training plan to fix that annoying starting too fast or too slow problem. Just get it through the QR code up here or link

below in the show notes video description. Uh, if you're listening to show notes on your podcast player app, and you'll also get weekly tips about running habits and self improvement in your inbox with all that, thanks for rocking with me.
[00:51:02] I really appreciate your time. Peace. Time, time, time. I'm obsessed with it as it's the one thing we can't make more of. But ironically, we, as humans, we made the whole concept of time. Thanks for giving us your time by listening, watching, or reading this. We love helping runners get 1 percent better each day, one step at a time, and can only reach more runners by people like you sharing us out to runners like you.
[00:51:24] As I might've mentioned early in the episode, if you haven't already, you can get a free step by step 30 day base training and habits guide to getting 1 percent better in running and life. Each day by signing up for our email newsletter unlike other running videos and podcasts We are not about the quick hack and fluffy motivational quotes instead The one percent better runner focuses on how small daily habits ripple into broader life success Helping runners perform better on and off the road or the trail or track wherever you want to be doing your workouts All in five minutes per week This episode and all this content is produced in Sydney, Australia.
[00:51:58] And I'd like to acknowledge the Gadigal of the Eora nation, who are the traditional indigenous custodians of this land. Much, much, much respects. If you want to contact us about anything, email talk at DLAKEcreates. com. We're also on the socials, mainly Instagram and Strava right now. Just search OneBetterRun or DLAKEruns.
[00:52:17] Small steps now, lifelong impact later. Peace.