

PRE- AND POST-WORKOUT PLAN

The Mental Side
of **FITNESS**

Raw Food Magazine

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**FITNESS ISSUE WITH
TIM VANORDEN
MARATHON CHAMPION**

**HOW TO
TRAIN
FOR A
RACE**

NEW RESEARCH

**PROTEIN
FIBER, & STAYING
FIT EATING RAW**

**+ TIM'S FAVORITE
RECIPES
FOR PURE ENERGY**

**How he faced depression and food addiction to
earn 50+ first place running titles**

Raw Food Fitness

with Tim VanOrden

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Tim Van Orden

A Real Look at Depression, Raw Food and Fitness

*Exclusive Interview
with Raw Food Magazine*



THE KEYS TO SUCCESS

TYSON: Hi, everyone. This is Tyson with Raw Food Magazine. This interview is going to be something that is going to break a lot of superstitions and misconceptions of how food affects your body and what it takes to be able to be healthy and be athletic and be fit and what type of foods you actually need to be able to have in your diet to do that. I have an incredible interview today with Tim Vanorden. He is someone that is breaking into this new world of how to be healthy, fit, and athletic. It's awesome because we're breaking a lot of misconceptions now as we move down. We used to know "the food pyramid functions like this" and now you get these incredible people who are learning about food and understanding how it works in their body. It's awesome because we're breaking a lot of misconceptions. Tim has gotten first place in all of these races and—correct me if I'm wrong—but I believe that you did this the entire time being 100 percent raw.

TIM: Well, I like to say I'm 100 percent raw 95 percent of the time, because you can't control everything that you eat. Sometimes you're out and you've got a little bit of wiggle room, just so you don't go crazy.

TYSON: (Laughter) Yeah. I guess it's crazy thing about this—before we jump into your story, Tim—for me, the fascinating thing about this is that I like to do races. I have this belief that I have to eat certain foods. I have to get certain calories into my system. I have to be following this

kind of regimen system, but the truth is most people just want to know the quick and simple: "What do I do? What do I eat? How do I go about this? I just want those numbers and I want to put it into action and then I'm done. I'm 100 percent healthy now that I've followed these ABCD..."

TIM: That's not how anything works, but unfortunately, that's how the human mind works. The mind wants certainty. People want an answer. So there are a lot of people out there that have cropped up with a product, with a pill, with a protein bar, or with a diet book—whatever it is—telling you that they have the answer. All you need to do is buy their product, read their book, listen to their ideology. And that's dangerous, but people love it because their minds want certainty. They don't like not having the answers all the time. They don't want to have to reinvent the wheel every six months. That is the only way to achieve health in life and that's the only way to move beyond the plateau that you're stuck at.

If you want extraordinary results—and I'm not saying everyone should go after extraordinary results, because there is a lot of sacrifice to be made there—but if that's something that you do want, you have to be willing to look bad. You have to be willing to do it wrong. And you're going to do it wrong more often than you do it right. But it's just like a child learning how to walk. If the child is afraid of falling, they're never going to learn how to walk. They wobble and they teeter, and they fall on their butt. They fall on their face and they get up and they keep try-

“ I did that—because I chose to accept these people as my mentors—I was able to build myself up to the level that I’m at now. ”

ing. But for some reason, the adult mind doesn’t like to do that. It doesn’t like to be out of balance, but the only way to get extraordinary results is to keep putting yourself out of balance until you find it, until you get really good at balance. But you’ve got to understand what falling is first.

So it’s really not a secret. It’s about a willingness to do it wrong—a willingness to be a beginner even when you think you’re really good. Like what I said earlier...when I came out of the gate with the Running Raw Project, I did think I had magical powers because my body felt like I was 18 again. I was 37 but I felt like I was 18. I thought I was fast. I thought I was going to make an Olympic team. I thought I was going to conquer the world in six months.

I really believed it and I really physically felt that way, but I fell on my face and I was humbled when I came back to New England and started racing here where it’s a completely different level of competition than in California. In a local race, I would end up getting tenth or twelfth place and out there, I’d be competing against thousands of people and I’d win. Here, just the local bumpkins are kicking my butt (laughter). I had to swallow my pride, ask questions, get mentors, and learn to become a beginner again and realize that, even though I felt all this magical energy, these people that were eating horrible diets had more energy than I did. I had to swallow that pill and learn from them. Because I did that—because I chose to accept these people as my mentors—I was able to build myself up to the level that I’m at now.

It’s a completely different process. I don’t feel like I have magical powers anymore (laughter). I don’t have any delusions of my abilities. I’m not going to make an Olympic team. I’ve gotten a lot better and I’m still improving. I’m 45 now. I’ll probably have my best results of my life this year. Hopefully, at 46, I’ll get even better, but that’s just about being smart, taking calculated risks, testing a lot of stuff, and putting in the time.

STARTING YOUR RAW DIET

TYSON: Do you mind if we start back at 2005 when you started and the experiences you had that first year or two of maintaining a raw lifestyle while running and compet-

ing? How did that start? What happened?

TIM: It’s a journey. It’s a choice. It’s a life path that’s challenging by choice. Going back, I didn’t really understand challenge. I just had physical challenges and I wanted it to go away. I had health challenges and I wanted them to go away in 2004. I didn’t want to be challenged anymore. So I was encouraged to try a raw diet.

TYSON: Do you mind talking about any of those that are acceptable for the public to hear? If anyone can relate to those topics that you might be okay talking about...

TIM: Yeah, I’m okay to talk about anything. Chronic fatigue syndrome was a big factor, but even more so was very severe depression. Most of my adult life, I’ve dealt with depression. I wanted that to go away. I wanted my body to feel energetic again and I wanted my mind to feel energetic again. Switching my diet had a huge and dramatic impact in a very short period of time.

TYSON: Were you taking any anti-depression pills or anything like that, any medication?

TIM: No. I’ve never believed in it. I’ve always been philosophically against it, but I struggled. I’m the kind of person that would rather struggle and be miserable than compromise my belief systems. I don’t recommend that for everyone. That’s a choice that I make. But I wanted that to go away. I wanted life to be easy and simple and when I started running, I just did that as a Trojan horse. That’s what this project is. It wasn’t about me trying to prove anything for myself or trying to get celebrity status in the running world or whatever. I wanted other people to have access to this diet, but I knew that attached to this diet were a lot of belief systems that the average person would not be comfortable with. There are a lot of spiritual attachments to a raw food diet. There are a lot of animal rights viewpoints—vegan, PETA attachments that a lot of people are not comfortable with. There is a counter-culture/hippie movement that’s attached to it that a lot of people are not comfortable with.

So I thought, how can I introduce this diet to the average person who doesn’t relate to these other attachments that generally come with a raw food diet? I thought...*sports*. If I can turn myself into an athlete, maybe I can get other

athletes to pay attention and maybe get some really big athletes to pay attention. Then they, in turn, would inspire the millions of people that look up to them.

TYSON: You're tapping into the first misconception of eating raw. That is, if you do a raw lifestyle, you don't have the energy and the calories to be able to perform in fitness. You can't do raw and fitness. You can't put those together.

TIM: My goal was to show people that they couldn't compete if they weren't raw. My goal was to show them that, once I start converting other athletes to a raw diet, you'd better convert too, because you won't be able to compete if you don't. That was my original intention. It was very arrogant (laughter). As I said, I believed I had magical powers (laughter). I felt so much better than I had in the past that I thought that I was Superman.

TYSON: You know, there is nothing wrong with feeling you have magical powers. I think it's a great feeling in life to feel like you have magic.

TIM: My magical time is when I'm running. That's when I get to be a kid again. Most people think, "You've got to train every day. You've got to run two or three hours a day. That must be miserable. You must hate it. You've got so much discipline. I wish I was as determined as you." It's like, "What are you talking about?" I so look forward to my runs. I was bummed that I had to cut it short to come back and do this interview (laughter). That is magic time for me. I'm a kid out there playing in the woods running through the mountains exploring. It brings me back to that magical experience, so I never see it as training. I never see it as something I must do or as something that is physically challenging. I see it



as a fun, exciting, magical adventure.

TYSON: And it should be. It should be. Whatever you're doing in your life that you enjoy, it should be something you're enjoying like that.

TIM: It can be.

ARE SUPERFOODS REALLY NECESSARY?

TYSON: That's awesome. Let's talk about what happened. So your purpose for changing into the raw lifestyle was to prove that you can excel in fitness and be raw, but also to move past some of these health issues that you just didn't want in your life anymore. How did that go for that first year? What were your experiences? What were you eating? What were your trials during that time?

TIM: Well, I tried a lot of different things. I read a lot of different books and I met a lot of different "raw gurus." At first, I started with salads and smoothies and very quickly saw an amazing improvement in my mental clarity and my physical wellbeing and energy levels. But then I started following some of the Superfood salesmen out there—I won't mention names—and was buying all the Superfoods and was buying all the smoothies that would cost 20 dollars (laughter). They would have everything under the sun in them. I noticed that I didn't feel so great eating that. It was also very expensive.

TYSON: Eating what, exactly?

TIM: A lot of the Superfoods. A lot of the powders and the berries and things that are very expensive and exotic and come from faraway places that are touted to be basically magical in the raw food world. There are quite a few people that sell them...Cacao and Goji and Maca and the list goes on and on and on.

TYSON: So you went into that. You started off with the shakes and the salads and you felt like your body kind of was cleaning itself out and getting a little more clarity. So then you started shifting to more intense raw—maybe not raw—but more intense Superfoods.

TIM: More...I'm not even sure what to call it...more expensive.

TYSON: (Laughter) The whole marketing of what's healthy in the world...what's awesome for your body.

TIM: See, this is before I started running. I went through a lot of diets and books in that first year trying to find my way. Then, after a year, I started running. I thought, "If I want to be an example and if I want to create this project to be an example for the rest of the country, then I've got to get rid of all the Superfoods and all the potions and powders and exotic stuff." I want everyone to have access to what I eat, which means it has to be inexpensive, it has to be available everywhere and it has to be sustainable. So if it's a crop that only grows in one tiny spot in Nepal, well that's definitely not sustainable. The whole population could wipe out Nepal if we did. It's probably really expensive because of the shipping and scarcity of it and it's not available everywhere.

So I started looking at what is the simplest diet I can eat that anyone with a supermarket in their town can also find those same foods. It came back to salads and smoothies and fruit—nibbling on bananas and apples and pears and oranges and big salads with avocado and lots of different vegetables grated up. Green smoothies with fruits, bananas, greens, dates, all mixed together because I didn't want only the wealthy to be able to follow this diet. I didn't want people in only cosmopolitan areas with Whole Foods to be able to follow this diet. I want people in West Virginia and Iowa—I'm not picking on any of those states, but—places where you're going to be hard-pressed to find a health food store.

TYSON: That's a really good perspective on it. If you're trying to sell things that people can't get access to, what's the point of even talking about it?

TIM: How are you going to help Americans if the stuff you're telling them to get isn't available in most of America?

TYSON: Exactly. And I love it, too, because that's the second misconception. You're tapping into so many of them.

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I love it. Being raw is expensive.

TIM: It can be.

TYSON: The three misconceptions are: there are not enough calories, it's expensive, and it takes too much time. Those are the three things people will say about being raw as excuses and also just as their belief about it. That's awesome. It can be expensive, but it doesn't need to be expensive at all. Especially when you're making smoothies and salads. It becomes a very quick thing to make and clean up.

MENTAL CHANGES I EXPERIENCED WHEN I WENT RAW

TYSON: As you started eating raw, did you notice massive changes in the first month or two or three? If someone is just getting into raw and they want to do this fitness, what was your experience as you were jumping into it? Did you feel that your situation with depressions started to alleviate or shifting at a certain time in the first year or the first few months? How did that experience go as you started doing it?

TIM: As I said, I didn't start running until I had been eating this way for a year. But as far as everything else... depression is a misunderstood experience or response. I don't view it as an illness. Now, if it becomes a chronic state, then yes, that can be viewed as a disorder. But it's really a healing response and I've learned this since I've gone raw because, yeah, I did get a lot more mental clarity and I had more focus and the fog would be lifted and there was a huge shift in my mental state. Ideas would be available to me. Creativity was available to me that was not present before.

But the depression didn't vanish. In fact, it's come back and sometimes it's come back stronger than in the past because I was using food to numb myself in the past. Now I didn't have food to numb myself and I was thinking more clearly and I was seeing more clearly. I was more sensitive, so I found that it actually became more of a challenge. It's easy to bury your head in the sand when you're constantly numb on food or drink or any other addiction.

But when you're looking at the world around you with clearer eyes and a clearer sense of heart and you're seeing people abusing themselves, first of all, it's hard not to feel righteous. That's a terrible experience, though a lot of people love it. They love feeling righteous. I realized that it's not a pleasant feeling, but it's hard not to feel something—some really strong response—and also to feel

alienated, to feel different, and to feel lonely because you can't relate to people anymore. You used to do what other people did and you could relate. You had similar coping mechanisms, but now that you've taken yourself out of that loop and you no longer cope like they do, it's very hard to relate.

So the depression came back because I got lonely and I felt isolated. So I had to learn how to deal with it all over again in new ways without using food as a coping mechanism, and that allowed me to create some very powerful tools. So things got harder, but because I'm the guy that always likes to challenge myself, things got better because I created some tools by really taking the time to work on it. So, yeah, you're going to experience more mental clarity, and that could be a good thing or a bad thing depending on how stable your life is and how supportive your community and family are.

TYSON: Totally. Community and family is a massive part of health. Sometimes we forget about that. You said you have "tools" now. I'm curious, what was it? You said you came back stronger with the depression. How did you end up moving through that as you've been going down this journey?

TIM: Trial and error (laughter). If you know anything about the definition of those words, they pretty much mean the same thing, except one is good and one is bad. I have read every self-help book there is a dozen times. I've picked them apart. I've looked at their tools. I've tried them. I've tested them. Some work some of the time. Some don't work at all. Some sound really good on paper and they sound beautiful coming out of someone's mouth, but when you actually put them to the test in the trenches, they fall completely flat.

I was so frustrated with the tools that were out there because it seemed like they were all being written by people that didn't understand depression because they really hadn't experienced it. They were written by people that had good ideas or maybe people that were observing from the outside. "You should just do *this*." "Okay, that's great, but I can't do that." It's like them saying, "All you have to do is dunk a basketball. Look how easy it is." And here they are, seven feet tall dunking the basketball, not acknowledging that I'm only three-foot-six. So it's like, "Okay, how do I create tools for someone that's three-foot-six to enable them to dunk a basketball?" That's not an easy task, but that's what I've been working on.

Talking about the mental clarity and depression, one of

“ I couldn’t go through life anymore because that turbulence in the mind actually protects you from all the negativity around you. ”

my mentors is a woman named Pema Chodron. She’s a Buddhist scholar and started a center here in Vermont. One of the things that Pema says is that we have this turbulent mind, like white caps and crashing waves on an ocean. People think that when you become enlightened or when you learn to meditate, that that all goes to calm. She says it does. When you learn to calm your mind and control your mind and not be so reactive anymore, yes, it does calm down and the surface becomes placid. But she says, “What people fail to understand is that when that surface becomes placid and the water becomes calm, now you can see all the junk cars and skeletons and garbage at the bottom that you couldn’t see before.” So yes, you’re calm, but now you see all of the horrors around you so much more clearly. They’re so much more obvious. And that’s what happened to me. I couldn’t go through life anymore because that turbulence in the mind actually protects you from all the negativity around you. When the turbulence goes away, it’s like, “Wow, look at the world we live in. There is a lot of beauty, but wow, there is a lot of ugliness.”

TYSON: And how do I become more sensitive and vulnerable with that stuff? Yeah, I can see that.

TIM: Yea, you have to learn to sit with it and be okay with it. “Okay, there is a skeleton right there. I’ve got to learn to be okay with it. I’ve got to learn to be powerful and effective inside of that.”

TYSON: From that experience to where you are now, is there a certain system that you’re now following that helps you move through those situations better now?

TIM: Yes, there is.

TYSON: What is that? Can you paint a general picture? I’m just curious, because it’s a very helpful thing. I know people experience this. It’s very true nowadays. We have information overload. We have people telling us this and that and it kind of creates a lot of depression. Even myself in my own life...you have ups and downs. How do you get through those downs? What is a system you can follow to really get yourself to a good place? And what is it that you’ve found? It sounds like you’re really on a journey to finding a healthy process for getting through this

all? What have you gotten into so far?

TIM: It’s too big to get into in a couple sentences. I’ve got an entire video series dedicated to it on my YouTube channel called “Getting Started.” I think there are 89 videos in there. There are nine hours of videos on how to get started. Basically, in a nutshell, it works like this: we all have to run a race called life.

Our capitalist system—and I love capitalism, I do—but it has its downsides. One of them is people don’t need to buy things, generally. We have so much abundance now in 2013. Why do I need anything else? I already have more than any human in history. Right now, I have more incredible stuff in my room than the King of England in 1800 or 1900. What I have in my room right now is greater than any royal family ever had until 30 years ago. So, why am I depressed? Why am I struggling? Why do I feel that my life is less than?

It’s that a capitalist system can only work when you market to people and tell them that they’re less than, tell them that they are somehow inadequate, show them that there is someone or something better that they can aspire to if they have this product—that you’re inferior now, but don’t worry, you too can look like this if you buy our product.

They also frighten you by showing you images of stock market crashes or hurricanes or terrorist attacks or whatever it might be. They know that the brain has certain cognitive biases. One is called the “availability bias” where we believe that if we see something on the news, it must be happening all the time everywhere. It must be available everywhere, and it’s not. But yet, the marketers know this. They understand psychology, they understand the mind, and they understand that they can get you to buy things if they scare you and make you feel like threats are available everywhere and if they make you feel inadequate.

So here we are, living in the greatest time of abundance in history, and yet we feel inadequate. We feel inferior. We feel like our lives aren’t working and there’s always something more and there is somebody better and we need to lose weight and I need better skin and the latest iPhone or I need to break my PR in the triathlon or whatever it is...we feel like we’re not enough.



So the tools that we've created are all about teaching you and teaching myself to embrace the starting line of the race and not the finish line. We're taught to embrace the finish line. We're taught that we can't embrace ourselves. We can't have fun until we're at the finish line celebrating our victory. What I've learned is that the only way to really have fun is to celebrate standing on the starting line and then celebrate and party on every step you take. Who cares what happens at the finish line? Celebrate through the entire process. If you do that, not only are you more likely to get engaged and get into action, but you're much more likely to have a better finish anyways. In fact, you're much more likely to finish at all.

But if you're so focused on the finish line and you do not acknowledge or accept the start, then you can't even run the race. "I'm not going to look for a girlfriend or boyfriend until I lose 50 pounds." Okay, so you're not going to start the race until the race is finished is what you're

saying. But if you don't start the race until it's finished, you're never going to start the race. You're never going to have a boyfriend or girlfriend. We set these huge goals and expectations that "I can't enjoy my life until I do this" instead of saying, "This is my life right here. These are the ingredients that I've got right now. They might not be the best ingredients. Somebody might have better ingredients, but what can I make with them?"

TYSON: Interesting. Of course, a lot of it is the mental side of your perception of things.

TIM: It's all mental. Everything is mental.

TYSON: (Laughter) It always goes back to mental.

TIM: Why does everybody fail at diet or exercise? Because of mental reasons.

TYSON: Yeah, and an interesting perspective is it really has to do with letting go of these pressures inside your body and just being present again. Every single time you get caught up in a feeling of not being enough, a future gain, a past loss, or something where it is kind of affecting you, it sounds like you just have to let it go and come back to being at present and being happy about where you are and happy about what you're doing.

TIM: And choosing what you're doing and choosing who you are.

LOVE YOUR BODY AS YOURSELF

TIM: People say, "I want to lose weight." Okay, what is weight? "I want to lose this fat." Well, what do you mean "this fat"? Where is that fat? "It's on my stomach." Whose stomach? "My stomach." You mean it belongs to you? "Well, not really. I don't want it. I'd rather get rid of it." "It." People refer to their bodies as something separate from themselves. There is my truth and there is this ugly thing attached to me called my body. What they don't realize is that they're never going to get anywhere and they're never going to achieve happiness unless they embrace their body as them and not some outside separate thing.

It's the same with sports. People force their bodies to do things that the body doesn't want to do and then they get injured or they get hurt or they get burned out or they blow up in the race and don't finish. But if they embrace their body and say, "My body is me. I live in every cell of my body" and they love it and they do wonderful things with it and they celebrate with it, suddenly, it's on their team. How did that fat get there to begin with? Your body

didn't put that fat there when you weren't looking. It didn't just go grab some fat and sneak it in there. You, who are the one in control, you put it there. You made the choices. You ate the foods that put that fat there. Your body was just obeying your orders. It's you. And yet we create this distinction.

People talk about in the "new age" world that all problems come from separation. People have to realize they're one with the universe and one with each other. But first they have to realize that they're one with themselves. That's the biggest pill to swallow. You've got people saying, "I'm one with the universe" and at the same time they hate their body. It's like, "Wait a minute. You skipped a step."

TYSON: I do kind of go with the topic of a lot of our reactions which do sometimes resort to resentment toward our bodies and an energy of hatred toward our bodies when it gets fat. And it really doesn't psychologically make sense because we should have gratitude for our bodies and we should listen to it because it's helping us understand the world. We should be accountable if it's not showing up the way we wanted because it is us.

TIM: If it gets fat, instead of blaming the body, the thing that's hating the body is the very thing that made the body fat, but it doesn't want to look at itself. The ego never wants to look at itself and say that it's responsible. "Someone or something is always responsible, not I."

TYSON: When we start going down this road, we start realizing why you have so many videos and nine hours of them. It does become quite a journey to understand psychologically how you're digesting yourself and your body and psychologically looking at it from a different light. It does take time, I'm sure.

A GENTLE APPROACH TO FITNESS

TYSON: Let's shift over to fitness. It's a simpler topic that people really want to know about. How did you get into this fitness and maintain it for so long and continue to maintain it and actually increase in your events that you're competing in?

TIM: I'll start with fitness and then I'll go to food be-

cause that's jumping right out at me. Once again, I fell on my face the first few years of running raw—the first few three to four years I considered to be a disaster. Other people looked at it and said, "Oh my gosh, look what you're accomplishing. This is amazing."

TYSON: Why would you call it a disaster?

TIM: Well, because it was totally erratic. It was up and down and up and down. My results were very inconsistent. I was injured all the time. I was really struggling with the training to keep it going and I wasn't even training that much. It was a real challenge and it was something that I had to force myself to do. I wasn't getting the results I wanted.

Then in late 2009, I started the approach that I'm on now. The seeds were planted and I stopped doing hard workouts. I started being much more gentle on myself and I started turning running into an adventure rather than a workout that I had to do and I had to push and I had to hit a certain amount of time and a certain number of miles and a certain speed. I let all that go, basically. I let the project go. I let everything go and I said, "Okay, let's just have some fun. Running can be fun. I know that. I've experienced that. So let's just make it always be fun. Let's always make it enjoyable and let's see what we can do with that."

From late 2009 to mid 2010, I significantly increased the amount of running that I was doing, but it was all very easy. My miles went from 40 miles per week to 75 or 80 miles per week. So I was about doubling my mileage, but it was much, much easier. That's when I won my first national championship trail running. I've kept it going and I've learned to be even more gentle. I'm more gentle now than I was then. I keep making it more gentle and I keep improving.

TYSON: Do you mind elaborating on this "gentle" topic? You're saying you're not being so regimented about your workouts or is it kind of going more into other areas too?

TIM: It's both. For instance, one of my mentors, who is a teammate, he is one of the top Master's runners in the world. He was I think fourth in the world at the 10,000 meters last year. So he is a very fast guy. He's 47 now and

“ So from a physiological perspective, the better you can teach your body to metabolize fat, the more efficient you're going to be and the less lactic acid you're going to produce ... **”**

still runs in the 31 minute range in the 10K. I asked him what he was doing. He said, "I run 12 miles Monday through Friday and a 9-minute pace. I have somebody to run with and we just go out and have great talks. On the weekends I run 15 miles each day at a 9-minute pace—nice, easy, conversational. I do 90 miles a week at a snail's pace and I love every minute of it. I look forward to it. I have great conversations. I don't ever really feel like I'm training." But he's built this enormous aerobic efficiency. His body is so efficient aerobically that he's burning fat for fuel at a very high heart rate. His body so much prefers to burn fat now, because he's trained it to do so that he has to get his heart rate into the 170s before he starts going into a lot of sugar metabolism.

That's really the ideal. That's what you want. So from a physiological perspective, the better you can teach your body to metabolize fat, the more efficient you're going to be and the less lactic acid you're going to produce because that's a by-product of sugar metabolism, not of fat metabolism.

You're also going to enjoy the workouts and you're not going to get injured. When I was doing track workouts and hill repeats and really hard stuff that I hated, I was getting injured a lot. I don't get injured anymore. I would train for three months and be out for a month, train for two months and be out for three weeks, train for four months and be out for a month. That's the first four years of the project.

TYSON: I feel like you're telling my story right now (laughter). My lifestyle is kind of on that same path.

TIM: So I'm improving. I got up to running 21 hours a week...*running 21 hours a week...* and loving it, feeling great about it. Even walking in the winter, I would put on these huge boots that go up to my knees and I would just walk through the snow in the woods off-trail just wandering. And I'm walking, but it's a great workout and I'd go out there for three or four hours. It's a phenomenal workout, but it's an adventure. I'd consider it to be an adventure more than a workout, but it gets me in amazing shape and I'm just walking through



the snow in boots with no time to hit and no miles to hit. It doesn't matter. I only made it six miles in three hours. It doesn't matter. I really allow myself to step away from the training logs. I post my stuff on Garmin Connect just so other people can see it, but I really don't care how many miles I do per week. I don't care how many hours I do per week. All I care about is that I look forward to going out there and exploring every day. And because I've done that, I'm getting wicked fit.

TYSON: (Laughter) That's what's crazy. It sounds like you kind of dropped intensity and just got more into the enjoyment of it. And it's fascinating because I guess it's breaking a lot of misconceptions. For me, I've competed in a lot of races and I enjoy hearing that because I'd like to choose the healthier, more enjoyable way always. That's what we always want to do—find the better path to enjoying what we're doing in life and not beat ourselves up so much. The "pain is gain" approach doesn't really fit in this picture that you're discovering. You don't have to experience so much pain to gain.

TIM: You know, they've done psychological studies recently on venting. For instance, people that hit punching bags or go to kickboxing class after work or go to CrossFit and yell and scream or go to martial arts or whatever...those people that get out their aggression in some sort of class after work or if they get in an argument with their wife and they go into the basement and hit a punching bag to get the aggression out...this feels really good. There is a release that goes with it. What they found is that, yes, there is a release, but you can continue to hold onto the anger much longer and you're much more likely to be malicious to yourself and to others. Those people that engaged in something that was more meditative, more relaxing, more peaceful, let it go much faster and were less likely to punish themselves or those around them. So we live in a mindset where we have to hurt ourselves in order to benefit. But that only keeps the pain and that feeling of inadequacy around longer. It only perpetuates it and validates it. "I'm hitting this punching bag because there is a reason to hit the punching bag," rather than saying, "Well, maybe there is a different perspective that I'm not seeing. Maybe my spouse is coming from this perspective and I wasn't open enough to hear it and I'm looking only from my perspective. Maybe I don't need to be angry at all."

When I hit the bag, now I've taken that anger and I've put it into physical reality. When you go to the kickboxing class and you get out your frustration, you are physically validating that there is something to be frustrated about.

When you go to CrossFit and you punish yourself, you're saying, "I deserve punishment. I deserve pain." Then you start creating your identity around the need to suffer in order to have a good life. I think it's pretty misguided, especially now that studies have come out demonstrating this. I'm all about the gentle approach. I don't think you need to suffer in order to enjoy life (laughter). I really don't. I think that's kind of a contradiction.

TRAINING FOR A RACE

TYSON: I do enjoy these perspectives a lot. I'm just curious, because it sounds like you were making some decisions. I'm training for the San Diego Marathon. It's like, "Okay, I'm going to go for this thing." I decided I'm going to go for it now, which would be really hard. In my psychology, I decided I'm going to do it now and it's coming up and I'm going to do it and I'm just going to do it completely wrong. I feel like I'm going to hit some massive "trials and errors" as you'd say and I believe I would. It sounds like, as you move forward, you're not running into that anymore. What would you say to me if I decide to do it to be able to successfully do it? It would be in about a month.

TIM: In about a month...and are you currently raw? What is your diet now?

TYSON: About 70/30.

TIM: And you want to make it 100 over the next month and then hammer the marathon.

TYSON: Yep. Let's say above 90.

TIM: Okay, and how much are you running right now?

TYSON: Honestly, about 30 a week. But my intensity is high. This is what makes it interesting.

TIM: How do you measure intensity?

TYSON: Intensity like I like doing a lot of trail running. So I'll pick a mountain and I'll run to the top of it.

TIM: And where are you located?

TYSON: I'm actually in San Diego.

TIM: What's your goal time for the marathon?

TYSON: I think it was something about 3:30.

TIM: Alright. So you want to do 3:30. I've never calculated up that high, but three hours is basically 7-minute pace. So...26 miles, 30 minutes...you're looking at like

“ When I get into a race, there is an excellent chance that my training has been much more significant than my race. ”

8:05 pace.

TYSON: That sounds right for me.

TIM: Okay. Do you do any long runs?

TYSON: I do. My long runs can be up to 10 to 15 miles.

TIM: Okay. So the bulk of your running for the week is your long run and then you have little, sporadic runs for the rest of the week.

TYSON: Yeah, little half-hour to the top of a thousand-foot mountain out here and back down a little hill.

TIM: Okay. My advice to anyone—because this is very common; you’re not alone in this. You’re one of hundreds of thousands of people that are going to run marathons with the same amount of preparation or even less. My first question is, why?

TYSON: (Laughter) Oh, goody. We’re going into that.

TIM: Why would you want to hurt yourself like that? Because it’s so far beyond—

TYSON: You’re talking intensity? Of going up the hills?

TIM: No. I’m saying doing a marathon is so far beyond anything that you’ve done in training. It’s such a different level. And it’s totally different, too, because running on a trail is very different from running on pavement. There are two totally different groups of muscles involved.

TYSON: Well, if you’d like the real story, it’s actually because my brother is doing it. My brother has gone through a lot of trial and error in his life.

TIM: So you want to run with him in the race.

TYSON: I believe he’s going to run it faster than me. He’s really taken off. But I’d like to be there to experience it with him.

TIM: With food, if you’re going to make big dietary changes, you have to do them well in advance of competition and you have to train with them practicing. You don’t really have enough time to do this but you have to go out and do some three-and-a-half-hour runs, bringing either your banana paste or date paste or coconut water banana

date paste—whatever it is you choose to use—you’re going to have to do some three-and-a-half-hour runs with that in training to see if it works for you. And if it doesn’t, go back and change it until it does.

This is a long process you have to go to. When I get into a race, there is an excellent chance that my training has been much more significant than my race. Races are usually a step down for me—not in speed; it’s a step up in speed—but as far as length of time, they’re generally a step down. The only race for me that would be longer than my average training would be the 50K. that’s when they start getting longer than my training. But most of training is, in duration, greater than a marathon. You really want that. You want to train yourself so well that by the time you get to the marathon, it’s like, “Yeah, I do this every day. Big deal. I run three and a half hours every day. Big deal.” Your body is used to it. But when you go from 30 miles in a week to 26 miles in a day, that’s a huge, huge stressor on the body and the mind.

TYSON: You’re talking for the buildup for this, it would be better if we had this conversation now, it would be ideal if the race were in six months.

TIM: In six months, you could get yourself really ready for a marathon.

TYSON: On a raw lifestyle.

TIM: Absolutely. You’re going to have to test it. And then going beyond, like doing a 50K, requires different fueling than in a marathon because, in a marathon, you’re still using your body’s fuel systems for much of the race. But in a 50K, the last 10 to 12 miles, your body no longer has fuel. So you’re now totally relying on the food you bring with you. Then a 50-miler or a 100-miler, even more so. In a marathon, you can still get away with a lot of the body’s own fuel, so it’s not as much of an impact.

You also want to know that you can digest it under stress. You being able to digest food while sitting down at your desk, and you being able to digest food while on an easy job are two different things. But you being able to digest food when you’re in a fight or flight situation—like a race—is a different situation entirely. When you’re in a race, you’re in fight or flight, whether you like it or not. You’re in fight or flight. That’s what a race is, especially with the gun going off. We go into fight or flight (laugh-

ter). Everybody gets nervous. Everybody has a hard time sleeping the night before a race. We are stressed out.

When you are in fight or flight, your body has a preferential blood flow, which means that it sends blood to the major muscles and to the back of the brain—the more primitive, reactive brain—because, if it is real fight or flight, like 100,000 years ago, you've got about 30 seconds to survive. You either win the fight or you run away. We don't have time to digest food. We need to survive. So we need to send all the blood to the muscles that can either get us to run away the fastest or to fight the hardest. We need all the blood going to the part of the brain that makes the fastest physical decisions. We don't have time for our pre-frontal cortex to deliberate over things: "Well, should I run right or should I run left? Should I use an uppercut or should I come from the side?" No, you're already dead. So the fastest part of the body gets all the blood. The slowest parts of the body don't get any blood, which means you don't digest things.

This is why the testing is really, really important. You might say, "Yeah, I had a smoothie this morning and I feel great." Suddenly, in a race, you have the same smoothie and you vomit because you have a very different digestive physiology in a race. So you have to train yourself and practice. First of all, find out what's going to make you puke and what isn't. Secondly, find out what the body will absorb and what it won't. You're only going to know that through trial and error.

TYSON: Let's say I choose to race in six months. What kind of ideas would you give me for starting to test and things that you know of? "Try these things; these things can help get you into it as you're moving down."

WHAT TO EAT (AND WHAT NOT TO EAT) DURING A RACE

TIM: One of the mistakes that I think people make, especially on a raw diet, is they're thinking whole foods. You really have to get away from the whole food idea because whole foods are full of fiber. Although fiber is beneficial and essential, it is terrible in a race environment because fiber slows down digestion significantly. So if you're already having very little blood flow to the gut because of your stress level and your activity level, the fiber is only going to become that much more problematic. So doing juices is better than doing smoothies.

For instance, the first big half marathon I did, I had dates.

I didn't have enough saliva because my mouth was really dry, that I couldn't even get them down. I ended up spitting it out because I couldn't absorb it. I couldn't even chew it. It was just sticking to my dry mouth. But then later I would do date paste or banana paste and there is so much fiber in there that it was hard enough for me to digest it fast enough and I ended up with this really uncomfortable gut.

So now I think more about juices. You've take away the fiber, but you still have the vitamins, minerals, and calories. You want high calorie juices like fresh apple juice or fresh carrot juice. You could even do banana juice if you want. You could soak the bananas or you could soak dates for five or six hours until they become super plump and then you could make a date juice. That way, you're eliminating the fiber so it will improve digestion and you're still getting all the vitamins, minerals, and calories.

TYSON: So during your runs you'll bring some juices.

TIM: Juices are the most effective.

TYSON: Okay. And are you juicing it or are you just buying it from the store.

TIM: Ideally, you want a fresh juice. But sometimes I'm traveling for races and that's not an option so I buy a juice. There are going to be some situations when you are not in your home environment and there are going to be curveballs thrown at you. You also have to train to be prepared for those. If you've been practicing with the most pristine, freshest, most organic juices in the world and then suddenly come race day, the person who is supposed to bring your juicer or this doesn't show up or they forget something. Now you're going to the convenient store and you're getting some pasteurized orange juice because that's all they have. If you didn't train for that, you're screwed. So you need to train for the bad things that can happen as well. Every now and then, train with some crap that you wouldn't normally eat.

TYSON: During the running, you're trying to keep it to juices and then some pastes.

TIM: Ideally, I have trained my body to burn primarily fat, which again, comes back to the very slow aerobic running for hours that primes your body to make fat your first and major fuel source. What you're doing with those long aerobic runs is you're teaching your cells to produce more fat-burning enzymes in the mitochondria. Your mitochondria adapt to have a much faster breakdown of fats and a greater capacity to break down fats. So they've adapted for fat burning.

In my training, I generally don't eat anything. In a three-hour run, I might not eat anything at all so that my body has to rely on its fat stores. But then in a race, my heart rate is going to be higher so I'm still going to be burning a great deal of physical fat, but because of my higher heart rate, my body is going to want some sugar as well. So the juices make up the balance there. So I'm burning my own fat stores and I'm getting sugar from the juice. But in everyday life, fat and protein are essential, absolutely.

Fat is very difficult to digest, so I don't recommend it in a race unless you are in an ultra-marathon and you are running very slowly, sometimes even walking. Then a shorter chain fat, like a coconut oil, which can be broken down much, much faster would be beneficial. But nuts and seeds while training and racing are a big no-no. For life, they're great. But you want to stay away from them in a racing environment just because they're so hard to digest and break down.

TYSON: Okay. This is great. While training and actually running, you're saying jump into making some paste maybe if you're going to be doing some long distance stuff and get your body used to juices.

PRE- AND POST-WORKOUT FOODS

TYSON: Living the raw lifestyle, what are you choosing for refueling yourself before and after your trainings?

TIM: Once again, I like to train my body to burn fat. I have very little body fat—maybe four to five percent—and when I finish a run, it's even less. I am training my body to burn fat, so I will go for a several-hour run and I won't eat anything, with the exception of a morning run. It is essential that you eat something when you wake up if you're going to exercise because, if you don't, you'll burn your muscle and not your fat.

The brain requires sugar; the muscles do not. Your liver stores the sugar for your brain your liver only has a very small supply of sugar. Depending on the person, it has between eight and twelve hours of sugar stored for the brain, which is, for most people, sleep. If you had your last meal at, say, 7:00 p.m. and then you don't eat again

and you go to bed and you wake up at 7:00 a.m., that's 12 hours that the brain has been relying on the food that you ate and the sugar stored in your liver. If the food that you ate didn't contain many carbohydrates because you're on a low-fat diet or it was protein-heavy or fat-heavy, then more liver sugar is going to be used.

So people wake up in the morning, and one of the reasons you wake up in the morning—the actual, physical mechanism—the brain sends out a signal that the liver is running out of sugar and it shoots a spike of cortisol into your system. The adrenal glands send out a spike of cortisol, which wakes you up. It wakes you up so you can eat something so the brain doesn't lose its sugar. It needs sugar, and if it doesn't get any, it starts breaking down protein and amino acids and turning it into sugar. So people that work out in the morning without eating breakfast...yes, they are losing weight, but much of the weight they are losing is their own muscle.

This is why breakfast is so essential, because you want to feed the brain. Yes, the brain can turn protein and amino acids into sugar when it's starving, but it would rather not. If you've worked to build muscle, why consume it? (Laughter) You eat it for breakfast, and then you're not vegan anymore because you've consumed your own muscle tissue so all the negative effects of consuming animal protein...you just consumed your own animal proteins. (Laughter) People don't realize that. "Animal protein is horrible." Well, if you're not eating breakfast, you're consuming animal protein—yours.

TYSON: (Laughter) That's a slightly morbid perspective of it, but—

TIM: Yeah, you're cannibalistic (laughter).

TYSON: Yeah, I can see it from that angle. What's the view on the fueling? I'm curious, are you choosing after to go right to certain types of fuels after you run or before?

TIM: I used to be really careful about consuming lots of carbohydrates after a run, but that was when my training was very intense and I'd be using or burning through a lot of my glycogen stores in my muscles and in my liver. So you definitely want to stock up your liver because

If the food that you ate didn't contain many carbohydrates because you're on a low-fat diet or it was protein-heavy or fat-heavy, then more liver sugar is going to be used.

whenever your liver runs low, your brain is going to freak out and start consuming muscle—well, your brain doesn't consume it; your liver does to feed the brain.

Now I have some carbohydrates to make sure that the liver is topped off, but I really want to teach my body to be a primary fat burner, so I don't eat as many carbohydrates post-run as I used to. I may have something fatty. I may have some fruit, but I may also have something fatty to train the body, "Okay, let's utilize some fat."

TYSON: Is there a certain thing you go to, like avocados?

TIM: I eat avocados, yeah. I'm a big fan of avocados. And I was staying away from nuts and seeds for a long time. They were definitely not a staple of my diet, but then I visited someone who had these big jars of sprouted, germinated, and then dehydrated nuts—almonds, walnuts, and pistachios. And they didn't have a lot of fruit at the house, so I was eating a lot of nuts, which is not normal for me. In the past, it would have a very negative effect, but because they were sprouted and germinated, they didn't bother me much. That kind of turned me on to them. Maybe many of the nuts I was eating in the past weren't sprouted. I don't remember, but they don't bother me like they used to. So I've incorporated more nuts and seeds into my diet, but definitely in a sprouted form.

PROTEIN, FIBER, AND THE RAW DIET

TYSON: As for your protein, is there something that you choose a lot? How much protein do you put into your diet? I think that's a big issue people have with being raw—understanding protein and which ones and how much.

TIM: Well, you don't really need to be concerned with which ones, because if you're eating a balanced diet, you're getting all the amino acids you need. The idea that you need to eat a complete protein at every meal is a myth and was disproven 20 years ago, but people still hold onto it for some reason. There is no evidence at all to support that.

In fact, the opposite is true. They're finding that when you are consuming complete proteins all the time, you're much more likely to promote cancer growth. Incomplete proteins that trickle into your body throughout the day are healthier. They give you the amino acids that you need. This is how animals in the wild eat. They don't eat massive amounts of protein in one meal. They trickle it into their body throughout the day (at least the animals that are closest to us). If you look at the primates, they're not having a protein smoothie with 50 grams of protein in it.

They're eating leaves and fruits and maybe every now and again they'll eat some ants or whatever, but there's never a massive meal of protein. It trickles into their diet. This not only slows cancer promotion or stops it, but it's the way that we are designed. We're designed to absorb amino acids and proteins slowly throughout the day, never in one big gulp.

But we're marketed that that's what we need. We need to have 50 grams of protein in a smoothie post-workout. That can be really problematic. First of all, there are five transporters for amino acids and there are 20 amino acids in our diet. Some amino acids are more electrically-dominant than others. Those that are more electrically-dominant are going to hog the transporters. So if you're consuming lots of protein all in one sitting, chances are that you're going to be deficient in certain amino acids because those that are not as electrically-active are not going to get on the transporters because there are only five transporters for 20 amino acids. So you can actually crowd out some amino acids when you take a lot of protein at once.

TYSON: You overload it. What are the proteins that you consume?

TIM: I do a lot of greens. I'm very green-heavy in my diet. There are high-quality proteins and amino acids in greens that are very assimilable. It's been shown that, for people who are vegan (not necessarily raw), rice protein is identical to whey protein as far as absorption and assimilation. Everybody thought that whey protein was king, so bodybuilders and athletes were just pounding away protein. A new study came out maybe a month and a half ago that shows that rice protein is equally as effective. Whey is no longer the king. Again, for those people that are not raw, or are partially raw and not 100 percent, with steamed or boiled rice, you're not producing any toxic compounds and you're getting a really high-quality source of protein. I don't eat beans, but I do eat peas. Pea protein is the new darling of the supplement world. One of my former sponsors, Larabar, has just come out with a new line of bars that has pea protein in it. I knew Brendan Brazier, with his Vega products, uses a lot of pea protein. Peas are a great source of protein and you don't have the same digestive issues that you have with beans.

I also eat some nuts and seeds here and there. Fruits have minimal amounts of proteins and amino acids, but they do have some. But I don't really have a huge source of protein. It just trickles in throughout the day.

TYSON: It's interesting. I like hearing this perspective. I

Fiber is essential. You must have it, but for efficiency in a race or post during recovery, fiber will slow you down.

went on a run this morning and I went around the top of the hill and came back down. When I got back, my first thing was, "Okay it's within the first hour of the workout." I just did a shake. I put a bunch of parsley and spinach. Then I put some chia and flaxseed and through a little bit of whey protein in it and a banana and blueberries and that was my shake. Then I quickly took it down in the first hour. For me, that's what I feel is working for me. Do you see that as being a very effective system, or is it like, "Hey, you don't need to be jumping into it so intensely." For you, do you just kind of keep going on with your day? You've got your body so efficient.

TIM: Yeah, I'm teaching my body to respond to exercise. First of all, because I'm not doing the intense workouts, there is not a lot of trauma. Now, if you're doing a lot of muscle trauma because you're pounding yourself in your workouts, yeah, you're going to have to rebuild a lot of muscle. But what I'm doing in my workouts is I'm teaching my body. Yeah, there is some muscle damage, but there is not a great deal. I'm never sore. I'm teaching my body just to be very efficient. It's all about economy. If you're in a strength sport, yeah, you're going to have to do a lot of muscle damage on a regular basis and your protein needs post-workout are going to be different than mine.

But what they're showing in a lot of sports research in the past year and a half or so is that what you want post-workout is a drink of a ratio of 6:1 carbs to protein. No fat. And no fiber, because that's going to slow it down. Chia seeds are great. Flax seeds are great. But the fiber and the fat are going to significantly slow down digestion and absorption of everything in there. So you probably want to do those either before the workout or several hours after the workout. But right after the workout, if you really want to get optimal recovery from muscle damage, it's 6:1 carbs to protein.

If you look at orange juice or apple juice, there is not a lot of protein in there. But if you are going to do some kind of protein powder or protein supplement, you take your orange juice and you look at the serving and you do the calculation. You find that there are 100 calories in this juice, and it's all from carbohydrates pretty much. Well then, I want one-sixth of that amount—so one-sixth of 100—which is 13 or 14. So then I want 13 or 14 calories

of protein in that as well. So you measure out your little scoop of protein. If there are 50 grams in a scoop—and remember, there are four calories in a gram of protein—you measure enough that will be equivalent to 14 calories and put it in there and mix it up. Boom! There you go. If you want twice as much protein, you're going to have to have twice as much juice. Pre and post, you're going to want to cut down on fiber. Fiber is essential. You must have it, but for efficiency in a race or post during recovery, fiber will slow you down. But hours after your workout, you definitely want to have your fiber.

TIM: One of the biggest things that they're realizing that fiber does...most people think fiber is just to clean your colon and make sure you don't get buildup in there. That is only like five percent of the benefit of fiber. The vast majority of what fiber does is, your cultures—the organisms that live in your gut and your intestines—they eat fiber. That's what they love to eat. So fiber is now known as a prebiotic, especially the soluble fibers found in fruits. This is why I'm very fruit-centric in my diet. These soluble fibers are eaten by your cultures in your gut and they release certain compounds that not only improve intestinal health, but they regulate your genes.

They're finding out now that these cultures living in your intestines regulate many of our genes. So if you want a proper recovery, you want to make sure that the bacteria in your gut are doing their job and regulating the genes necessary for recovery, not that you can pinpoint what those genes are. You want to make sure that your bacteria are healthy and happy and getting what they need so they will go about doing the right thing and regulating your genes in a helpful manner.

TYSON: That makes sense. That's interesting. It's fascinating hearing your perspectives on this, Tim, because I think we don't always question the marketing messages we hear. I love hearing these different perspectives.

THE MENTAL SIDE OF FITNESS

TYSON: The last question I have about this, and of course, you've talked about this topic during this interview, is the mental side of fitness. Going into a race, you were talking

about the fight or flight and the way you go about it. Is there a certain process you're going through mentally to prepare and act or feel or think? Do you have a certain regimen you go through psychologically or mentally to really successfully go through these races? Because it looks like you're doing extremely well when you're competing. Do you have a system for yourself for the mental side of it?

TIM: Number one, I get rid of all expectations. I don't have any dreams or fantasies of a result anymore. I just focus on going out there and doing my best, knowing that the training is in the bank. And if the training is not in the bank and I know that...For instance, I did a race last weekend and I'm just starting to build my training up again. I had no expectations of anything in this race. It was simply a matter of, "Just go out there and see what happens. Go out there and have fun. See what you've got." But if the training is in the bank, then it's a conversation I have with myself. "Okay, there is nothing to worry about. You've done the training. It's in the bank. The deposits are there and just do what you can. Have fun with it and go out there and run smart. Be smart."

What you'll see with most people is they'll let the fight or flight fear and anxiety take them over and they don't run a smart race. There are a lot of people who are fitter than me who I can beat consistently because they don't run smart races. So at the end of the day, how do you define "athlete"? Is the athlete the one with the best fitness or is the athlete the one with the best result? I think that "athlete" isn't just about physical fitness, but it's also about understanding how to best utilize it because if you blow it all in the first two miles and then me, being less fit, beats you at the end, well, then, I have the better result even though you have the better fitness.

The mind is essential. I've learned how to temper my races and my training and not hammer it, not worry about anyone else. It's my race. It's my time. I've done the training and just trust that. I know what I should feel like in the first mile. I know what I should feel like in the second mile because I've done it again and again and again and I don't care what the other people around me are doing. I don't care if that guy that's running away from me right now is the guy I need to beat in order to win. I don't care. I'm running my race.

TYSON: Yeah. You're communicating a very present way. That's great. This is awesome, Tim. I'm really glad to be able to do this interview with you because I'm going to go about my next races very differently now because of this. Your goal is to impact people in a positive way. It definitely has impacted me. So, thank you.

TIM: I'm grateful for that.

WHERE TO LEARN MORE



RunningRaw.com

TIM: My website is RunningRaw.com and my YouTube channel is "Running Raw."

"I'm about to unleash a new website on the world, which is called Compassionate Competition. I'm in the process of creating that. I'm going to finally build a team. I failed to do so with Running Raw. Now I'm going to build a team of compassionate warriors who are learning how to strive—instead of against each other—they learn how to strive together and they learn how to improve each other's lives in the competition rather than dominate and be victorious and celebrate somebody else's defeat.

TYSON: What's the website or has it not been released yet?

TIM: It's in the process of being filmed, but it will be CompassionateCompetition.com.

TYSON: Awesome. That's great. So yeah, if you want to learn more, I'm sure Tim has a ton of amazing perspectives and things he's learned throughout this experience.

Thanks a ton, Tim. We'll put this up in the magazine and we're looking forward to seeing where you end up in your journey.

TIM: You too, Tyson..

TYSON: Thanks, Take Care.

“ Just go out there and see what happens. Go out there and have fun. See what you've got. **”**

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