

Ten0TenZero
Project

THE DOMYN3 F.I.T. METHOD™



DOMYN3 Inc
Ten0TenZero Project

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WEEK ONE: CROSS THE STARTING LINE

You can't finish what you don't start.

CONGRATULATIONS! YOU CROSSED THE STARTING LINE

You have officially joined the race. Not a race as in speed but a race as in **moving toward a goal**.

Most people only talk about change.

But you're not a talker. **You're a doer.**

You can't finish what you don't start, and you just proved you're willing to start.

Zero excuses.

Because your purpose is bigger than your comfort.

Now let's get in this.

NON-NEGOTIABLE RULES (READ THIS ONCE, FOLLOW IT EVERY TIME)**1) Every run starts with 5 minutes easy (walk or easy jog).**

Warm-up tells your body, "We're about to work." It reduces shock and lowers injury risk to your muscles.

2) Every day: 5–10 minutes of stretching (especially hips).

Tight hips pull on everything down the chain. Stretching keeps your stride from turning into a limp, and helps prevent muscle injuries.

3) Hydrate like an adult.

No, you don't need a gallon a day. Just pay attention.

Quick rule: the pee test — yellow/dark means drink. Clear means you're doing it right.

Hydration helps your joints, tendons, muscles... and yes... helps prevent, among other things, muscle injuries.

Notice a theme here? Yeah, preventing muscle injuries.

Now here's the **point:** these things don't just *add up*... **they multiply.**

When taking on a task, one person equals one times the output. But two people actually equal three to four times the output.

That's not 2x output — that's **compound force.**

Warm-up alone helps. Stretching alone helps. Hydration alone helps.

But stack them and you don't get "a little better", you get a lot harder to break.

TOGETHER, CREATING WHOLENESS, UNLEASHING FREEDOM

That reminds me of a cartoon I watched as a kid, **Voltron** (yep, I'm going there).

Five mechanical cats by themselves could handle a small enemy. But when the enemy got bigger, they were no match.

That's when they combined into one giant machine, handled business, and everything was right in the world again... until the next episode.

Corny? Absolutely. Trust me, I know corny.

But the **principle is real**: small disciplines, combined, create **big protection**.

One discipline can move you forward. But when three **non-negotiables** point in the **same direction**, the output multiplies, often five to ten times because aligned behaviors don't add, they **compound**.

So don't underestimate these "little" **non-negotiables**.

Stack them, **compound** them, and give yourself the best possible chance of staying in the race long enough to finish.

PACE RULES (TRAIN SMART, NOT LOUD)

Your "run" should feel controlled:

- You can talk in short sentences
- You finish thinking: **"I could do that again, but I'm glad it's over."**
- You're not wrecked for the next session

This isn't a toughness test. It's training.

EMERGENCY LEVER + PLAN FOR FAILURE (READ BEFORE YOU NEED IT)

This is a progressive program. **It requires the full schedule.**

Emergency standards are for rare situations — not preferences.

If you miss a session:

- **Reschedule within 24 hours**
- No shame spiral
- Don't restart — **resume**

The Mantra is simple: Plan for failure. Expect success.

TOGETHER, CREATING WHOLENESS, UNLEASHING FREEDOM

THIS WEEK'S RUN SCHEDULE (MONDAY → SATURDAY)**MONDAY — SESSION 1**

- **Warm-up:** 5 minutes easy
- **Main set:** 1 min run / 1 min walk × 10
- **Cool-down:** 3–5 minutes easy walk

WEDNESDAY — SESSION 2

- **Warm-up:** 5 minutes easy
- **Main set:** 2 min run / 2 min walk × 6
- **Cool-down:** 3–5 minutes easy walk

SATURDAY — SESSION 3 (CAPSTONE)

- **Warm-up:** 5 minutes easy
- **Main set:** 2 min run / 1 min walk × 8
- **Cool-down:** 3–5 minutes easy walk

Important: Saturday is the capstone session each week. No matter what week you are on in the challenge you are running with the community on Saturdays. Protect it.

HEALTH TIP OF THE WEEK — START EASY SO YOU CAN STAY IN THE GAME

Early weeks are where preventable injuries happen — usually because we go too hard.

Do this:

- Keep effort easy on run minutes
- Choose softer surfaces when possible (path/track > concrete)
- Add calf raises + ankle mobility 2–3x/week
- Sharp pain is a stop sign — shorten and adjust

We're stacking evidence — not stacking injuries.

WORKOUT FOCUS OF THE WEEK — CORE + GLUTES (15 MINUTES)

Do this **2 times** this week (Tue/Thu or after a walk).

2 Rounds:

- 10 glute bridges
 - 10 reverse lunges per leg
 - 10 bodyweight squats
 - 30 sec plank
 - 30 sec side plank each side
 - 10 calf raises
-

WEEKLY TEACHING — (This is the real “lesson”)

Every meaningful change starts with a starting line, and most people never cross it.

They don't fail because they're incapable.

They fail because they stay in the parking lot of intention.

Starting matters because it turns *hope* into *proof*. The moment you show up, you stop being someone who “might” change someday and you become someone who is training now.

And make no mistake — **you are an athlete.**

Not because you're fast, not because you've earned a title, because you've entered a discipline with purpose.

While most athletes train for a trophy, we train for something that doesn't collect dust.

We train to steward the vehicle that carries our calling. We train because the body is not just a body, it's equipment for purpose. And purpose demands consistency, not good intentions.

That's why the warm-up counts. That's why the first interval counts. That's why the “easy pace” counts. Small steps aren't small when they're stacked.

They are the bricks that build Identity.

They are the reps that create Dominion.

They are the follow-through that produces Authority.

TOGETHER, CREATING WHOLENESS, UNLEASHING FREEDOM

This week, don't chase intensity. Cross the starting line again and again, three times. Because you can't finish what you don't start... and you don't become who you're called to be by thinking about it.

FOCUS QUESTION (ANSWER THIS HONESTLY)

Where have you been "almost started" in life, and what does it look like this week to cross the starting line with action instead of intention?

CHALLENGE HUB CHECK-IN: RECOMMENDED

I love hearing from people who are getting it done and your check-ins motivate me. So don't be shy. Drop by the Hub and post along the way: big days, tough days, wins, struggles... all of it. Let's keep each other moving.

[The F.I.T. Method Challenge Series Hub](#)

Post title format:

[10-0-10-0 | Week One | City/State]

- Done
-  Noticed
-  Adjusting
-  Win

Zero Excuses. Full Effort

~ Todd

WEEK TWO: DISCIPLINE (Dominion Reps)

We build dominion by doing the reps

CONGRATULATIONS! You're Running. Now Embrace the Suck.

Week One got us across the starting line. That the fact that you are now reading this means that you are still standing and ready to move forward. I'm officially impressed.

I'm reminded of this story about an ancient king. He was legendary in strength, wisdom, and leadership. There was truly none like him. He served his kingdom well.

This king once tried to make things right after a costly mistake. He went to buy a small piece of land to make an offering. The owner of the property offered to give the king the land and offering for free. The king refused and paid full price. His reasoning was simple:

"If it costs me nothing, it means nothing."

The whole story is free to hear free to tell. **The principle of this story costs.** And that cost is what builds authority

Week Two is where we *feel* what discipline really costs, along with what it starts to build. This may be the hardest week in the program, not because the workouts are insane... but because momentum is still being formed. Starting takes more force than continuing. That's normal. We don't negotiate with "normal." We move anyway.

(Also: if your brain tries to schedule a "meeting" with your couch this week... decline it. No agenda. No minutes.)

Reminder:

Most people *want* change. Few people train it.

If we complete Week 2 with consistency, we're officially in rare air.

Be Elite

NON-NEGOTIABLE RULES (READ ONCE. FOLLOW EVERY TIME)**Warm-Up (Every Run) — 5 minutes****5-minute brisk walk or light jog.**

Why: reduces injury risk, lowers mental resistance, and makes your first interval smoother.

Rule: If we skip the warm-up, we didn't start the run yet.

Stretching (Daily) — especially calves

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Why: tight calves + impact = shin splints trying to RSVP to our week. Stretching keeps tissue from turning into a short, angry rubber band.

Rule: If we “don’t have time to stretch,” we don’t have time to be injured.

Hydration (Daily)

Why: dehydration increases perceived effort and fatigue. So we feel “out of shape” when we’re really just under-fueled.

Rule: Don’t wait for thirst. Start earlier than thirsty.

THIS WEEK’S RUN SCHEDULE (MONDAY → SATURDAY)

MONDAY — SESSION 1

Warm-up: 5 minutes easy

Main set: **2 min run / 1 min walk × 8**

Cool-down: 3–5 min walk

Notes: Smooth effort. Don’t “win” Monday.

WEDNESDAY — SESSION 2

Warm-up: 5 minutes easy

Main set: **3 min run / 2 min walk × 6**

Cool-down: 3–5 min walk

Notes: This is the “discipline builder.” Stay steady.

SATURDAY — SESSION 3 (CAPSTONE)

Warm-up: 5 minutes easy

Main set: **1 Mile continuous run** (no time requirement)

Cool-down: 3–5 min walk

Notes: The goal isn’t speed, it’s **continuous**. Stay in the running motion. Slow down as much as you need, even to a walking pace.

TUESDAY + THURSDAY — WORKOUT (or pick one day to rest)

Workout video optional. If we feel smoked, we choose recovery with maturity.

FRIDAY — REST

Rest is strategy.

PACE RULES (Train smart, not loud)

- **Talk test:** we should be able to speak in short phrases.
 - **Finish feeling like we could do it again, but you're glad it's over**
 - Don't sprint the run minutes—**consistency > intensity.**
 - Week Two goal: **momentum, not ego.**
-

HEALTH TIP OF THE WEEK**Shin Splints (common in Week Two—preventable)**

If we feel shin tightness or pain this week, it's usually the body adapting to impact. The fix is simple and disciplined:

- **Stretch calves daily** (seriously—daily).
 - Don't "add extra miles" just because we feel good once.
 - Make sure shoes have real support/cushioning.
 - If pain is sharp: **rest, ice, stretch, then ease back in.**
Discipline also means listening to our body so we can keep going.
-

WORKOUT FOCUS OF THE WEEK (15–30 minutes)

Goal: Leg resilience + core stability (so running feels smoother)

Plan (2–3 rounds):

- 10–15 air squats
- 10 reverse lunges each leg
- 30–45 second plank
- 12–15 glute bridges
- 10 calf raises each leg (slow + controlled)

Scaling note: If legs are heavy, cut reps in half and add mobility (calves/hips). We're training *momentum*, not proving something.

WEEKLY TEACHING (This is the real “lesson”)**Discipline = Momentum (Dominion Reps)**

Week Two can feel like the hardest week because we’re still moving from **rest to motion**. Newton’s First Law is brutally honest: what’s at rest wants to stay at rest. It takes more force to start than it does to continue. That’s us right now, this week is the push that turns effort into momentum.

Here’s what we notice as new runners: the first “mile” is always the loudest. Our body resists discomfort. Our brain is screaming at us telling us to “STOP.” It tries to bargain and renegotiate the plan mid-run and mid-week. But if we stay steady, something shifts... rhythm shows up, breathing calms, and control returns. After we strain to set the object in motion momentum becomes a teammate instead of an opponent.

If we map **miles to weeks**, Week Two is still “mile one.” By Week Four, we’re in a groove. By Week Five, discipline starts to feel less forced because repetition has turned into a pattern, and patterns shape identity. That’s dominion: governing our actions whether we feel like it or not.

Discipline is painful in the moment, but it produces a harvest of **righteousness and peace** for those trained by it. The principle holds: discipline, when chosen in love and stewardship, creates alignment. Alignment creates stability. Stability is where authority emerges quietly.

Don’t chase perfect. Chase consistent. We don’t need a heroic week. We need an obedient one.

FOCUS QUESTION

Where in my life do I need to apply more discipline now, so I can enjoy the reward later?

EMERGENCY LEVER + PLAN FOR FAILURE

This is a progressive program. It requires the schedule. Emergency levers are rare.

If we miss a session:

- **Reschedule the full session within 24 hours**
- No shame spiral
- Don’t restart — **resume**
- Protect rest days between runs whenever possible

Mantra: Plan for failure. Expect success.

COMMUNITY CHECK-IN (Hub)

I love hearing from people who are getting it done, your check-ins motivate me. Big days, tough days, wins, struggles... all of it. Let's keep each other moving.

[The F.I.T. Method Challenge Series Hub](#)

Post title format:

[10-0-10-0 | Week Two | City/State]

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Zero Excuses. Full Effort.

~ Todd

WEEK THREE: ENDURANCE (Breath)

Endurance grows when we learn to *stay steady*, especially through our breath.

CONGRATULATIONS!

If you've never run a mile without stopping, did you even think that was possible when Week 1 started? And if you *have* run a mile before, but it's been a minute... maybe 20 years back in high school type minute... you just proved you can still do hard things.

If you're the runner who considers a mile a warm-up. Respect. You still crossed yet another starting and finish line, and that matters.

And if you didn't make it the whole mile continuously, but had to sprinkle in some walking, AND you're still here, still showing up. I'm proud of you. That's exactly the type of **perseverance and discipline** this challenge is building.

Week Two was the hardest because you were forcing momentum from zero.

Week Three is different, now the endurance starts to grow.

Before we keep moving, take a quick second and celebrate what you *did* do. Most people only measure themselves by what they missed. That's how motivation dies. You started and you're still here. **Celebrate that.**

...Okay. Moment's over. Let's keep that momentum rolling.

Most people want change. Few people train it.

If we stack Week Three with consistency, we're not "trying", we're **becoming**.

Be Elite.

NON-NEGOTIABLE RULES (READ ONCE. FOLLOW EVERY TIME)**Warm-Up (Every Run) — 5 minutes****5-minute brisk walk or light jog.**

Why: reduces injury risk, lowers mental resistance, and makes your first interval smoother.

Rule: If we skip the warm-up, we didn't start the run yet.

Stretching (Daily)

Why: the lower legs are adapting to impact—mobility keeps “tight and angry” from turning into “injured and out.”

Rule: If we “don’t have time to stretch,” we don’t have time to be injured.

Hydration (Daily)

Why: dehydration increases perceived effort—so we feel weaker than we actually are.

Rule: Don’t wait for thirst. Start earlier than thirsty.

THIS WEEK’S RUN SCHEDULE (MONDAY → SATURDAY)

MONDAY — SESSION 1

Warm-up: 5 minutes easy

Main set: **3 min run / 1 min walk × 6**

Cool-down: 3–5 min walk

Notes: Smooth + steady. Don’t “win” Monday.

WEDNESDAY — SESSION 2

Warm-up: 5 minutes easy

Main set: **10–12 minute continuous run** (no walking unless needed)

Cool-down: 3–5 min walk

Notes: This is not a race. This is a rhythm builder.

SATURDAY — SESSION 3 (CAPSTONE / GROUP)

Main set: **1.5 mile continuous run** (no time requirement)

Notes: The goal isn’t speed. The goal is **continuous**.

TUESDAY + THURSDAY — WORKOUT (or pick one day to rest)

- Tuesday: **Lower Body**
- Thursday: **Whole Body**

FRIDAY — REST

Rest is strategy.

PACE RULES (Train smart, not loud)

- **Talk test:** short phrases = correct effort.

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- **Finish feeling like you could do it again, but you're glad it's over.**
- Don't sprint the run minutes—**consistency > intensity.**
- Week Three mission: **extend continuous time.**

HEALTH TIP OF THE WEEK: Breathing Is Your Secret Weapon

Breathing is something we do all day without thinking—but if we learn to *use it on purpose*, we run stronger, recover faster, calm down quicker, and even sleep better. The key is **belly breathing** (diaphragm), not shallow chest breathing.

3 simple tools:

1. **3:2 Rhythm (Running)** — inhale 3 steps, exhale 2 steps
 - Helps prevent side stitches and builds rhythm
2. **4:2:4 (Recovery & Reset)** — inhale 4, hold 2, exhale 4
 - Balances the nervous system, lowers heart rate
3. **4:7:8 (Deep Relaxation)** — inhale 4, hold 7, exhale 8
 - Great for winding down at night (sit/lie down if lightheaded)

WORKOUT FOCUS OF THE WEEK (15–30 minutes)

Goal: Build strength that supports running form + stability under fatigue.

Lower Body Day (Tue):

- 2–3 rounds: squats, reverse lunges, glute bridges, calf raises

Whole Body Day (Thu):

- 2–3 rounds: push-ups (or incline), rows (band/towel), planks, hinges (good mornings), light conditioning

Scaling note: If legs feel smoked, cut volume in half and prioritize mobility + breath reset (4:2:4).

WEEKLY TEACHING (This is the real “lesson”)

Breath = Dominion (Endurance Starts Here)

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Week Three isn't about piling on mileage, it's about extending continuous time. And the easiest way to extend time without panic is learning to govern your breath. Breath is a built-in lever: it can turn stress up or turn stress down. When we breathe shallow, we spike tension. When we breathe deep and controlled, we signal safety to the body. The heart rate stabilizes, rhythm returns, and the run stops feeling like a fight.

Sometimes people treat breathwork like it's "weird" or "New Age," but it's really just a tool designed into us. Modern science is simply learning and giving language to what the body has always known and been hardwired with. When we breathe with intention, we can lower stress, steady the nervous system, and help the body recover. Breath is one of the only functions we can control that also controls so many things we *think* we can't: panic, tension, spiraling thoughts, and that "I can't keep going" feeling.

And spiritually it's hard to miss the symbolism. Breath sustains life. It's the invisible thing that keeps the visible thing moving. You can't see it, but you can't live without it. And when you really think about it... **we all breathe the same air.**

That's not just a poetic thought. It's a sobering one.

The air you exhale doesn't disappear. It becomes part of the atmosphere that someone else inhales. In a shared space whether it's your home, your gym, your church, your workplace, we are literally exchanging breath. That means we're connected in a way that goes deeper than personality, politics, preferences, or opinions. Before we are anything else, before titles, before achievements, before differences, **we are living beings sustained the exact same way.**

It's humbling.

Because it exposes the illusion that we're self-made. You can grind. You can hustle. You can be disciplined. But you cannot "achievement" your way into breathing. You receive it. You're sustained by something outside of you that you didn't manufacture. The most fundamental proof that you are not your own source... is that you're one held breath away from realizing you're not in control.

That's why breathwork isn't "weird" it's a return. A reset. A reminder.

It reminds your body it's safe when life feels loud.

It reminds your mind it doesn't have to panic to survive.

And it reminds your spirit that you're not alone, not separate, not self-made.

Every inhale becomes more than oxygen. It becomes a signal: **I'm sustained.**

Every exhale becomes more than air. It becomes an offering: **I can release what I've been gripping.**

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And when you're running, this matters even more. Because running exposes the truth: when pressure rises, people either tighten up and fight... or they learn to govern the moment. Breath is dominion. Breath is leadership. Breath is self-command.

Every inhale is a reminder that we're sustained, not self-made.

Identity stays steady. Dominion governs the moment. Authority shows up as calm under pressure. Breath is one of the simplest dominion practices we can train this week, both on and off the run.

Practice **3:2** during runs. Use **4:2:4** after runs. Use **4:7:8** at night. Don't just run—**train control**.

FOCUS QUESTION

Encouragement is oxygen for the soul. A single message might be the exact thing that keeps someone from quitting.

Who is someone in your life can that you breathe encouragement into this week?

EMERGENCY LEVER + PLAN FOR FAILURE

This is a progressive program. It requires the schedule. Emergency levers are rare.

If we miss a session:

- **Reschedule the full session within 24 hours**
- No shame spiral
- Don't restart — **resume**
- Protect rest days between runs whenever possible

Mantra: Plan for failure. Expect success.

COMMUNITY CHECK-IN (Hub)

I love hearing from people who are getting it done — your check-ins motivate me. Big days, tough days, wins, struggles... all of it. Let's keep each other moving.

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Zero Excuses. Full Effort.

~ Todd

WEEK FOUR: STEWARDSHIP

We don't just train to run. We train to steward the vessel.

CONGRATULATIONS!

Last week was huge. Every one of you who pushed through those continuous runs know that's not small. That's a line crossed, a belief expanded, and a signal to your body and mind: *I'm capable of more than I thought.*

This week we stretch it even further. The interval days start fading into the background, and continuous running begins to grow. This where endurance takes root through steady, controlled, intentional reps.

This reminds me of my first car. It was beautiful... in the way a rusty piece of freedom can be beautiful. It was mine. No more city transportation. No more limitations. I could go where I wanted, when I wanted. That car felt like the beginning of a new life.

The problem? I was never taught how to maintain a vehicle, so I didn't. I made it look as cool as a beat-up car could look, but I never checked the oil. Never changed it. Never even thought about it. When the engine started knocking, I just turned the music up and kept driving.

It didn't take long before the engine seized. Overnight, my "freedom" became a storage unit with wheels.

I was young and dumb, and I learned an expensive lesson: **ownership without stewardship always breaks down.**

That's Week Four. We're not just owning this new running rhythm. We're learning to steward the vehicle that carries our calling.

Most people want change. Few people train it.

If we stack Week Four with consistency, we're not "trying", we're becoming.

Be Elite.

NON-NEGOTIABLE RULES (READ ONCE. FOLLOW EVERY TIME)**Warm-Up (Every Run) — 5 minutes**

Why: reduces injury risk, lowers mental resistance, and makes your first interval smoother.

Rule: If we skip the warm-up, we didn't start the run yet.

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Stretching (Daily)

Why: the lower legs are adapting to impact—mobility keeps “tight and angry” from turning into “injured and out.

Rule: If we “don’t have time to stretch,” we don’t have time to be injured.

Hydration (Daily)

Why: dehydration increases perceived effort—so we feel weaker than we actually are.

Rule: Don’t wait for thirst. Start earlier than thirsty.

THIS WEEK’S RUN SCHEDULE (MONDAY → SATURDAY)

Note: The goal isn’t speed. The goal is **steady + continuous**.

MONDAY — SESSION 1

Warm-up: 5 minutes easy

Main set: **12–15 minutes continuous run**

Cool-down: 3–5 min walk

Notes: Smooth. Controlled. Don’t chase pace — chase rhythm.

WEDNESDAY — SESSION 2

Warm-up: 5 minutes easy

Main set: **15–18 minutes continuous run**

Cool-down: 3–5 min walk

Notes: This is the builder. Stay relaxed. Stay consistent.

SATURDAY — SESSION 3 (CAPSTONE)

Main set: **2 miles continuous** (no time requirement)

Notes: Keep running motion, even if you slow it down to a walk.

TUESDAY + THURSDAY — WORKOUT

Workout day(s). Choose one if needed. Earn the other if you’ve got it.

FRIDAY + SUNDAY — REST

Rest is strategy.

PACE RULES (Train smart, not loud)

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- **Talk test:** short phrases = correct effort
 - Finish like you could keep going (but you're glad you don't have to)
 - Don't sprint the run minutes — **consistency > intensity**
 - Week Four mission: **steady continuous time**
-

HEALTH TIP OF THE WEEK: DYNAMIC STRETCHING

Before you take off, spend **3–5 minutes** getting your body ready.

Dynamic stretches before running. Static stretches after. Warm muscles perform better and recover faster.

Quick dynamic warm-up list:

- Leg swings (front-to-back, side-to-side)
- High knees
- Walking lunges
- Butt kicks
- Toy soldiers (straight-leg kicks)
- Side shuffles
- Arm circles

Form matters. If you're unsure, look it up. Do it clean.

WORKOUT FOCUS OF THE WEEK (15–30 minutes)

Goal: Build durability for longer continuous runs — hips, glutes, calves, core.

Week Four is where continuous time increases, so we're training the "support system" that keeps form from collapsing when fatigue shows up.

Option A — Runner's Strength Circuit (2–3 rounds)

- 10–15 air squats (smooth tempo)
- 8–12 reverse lunges each leg
- 12–15 glute bridges (pause 1 sec at the top)

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- 10–15 calf raises each leg (slow + controlled)
- 30–45 sec plank (tight core, neutral spine)

Option B — Mobility + Core Reset (when legs feel heavy)

- 2 minutes calf stretch (each side)
- 1 minute hip flexor stretch (each side)
- 10–12 dead bugs (controlled)
- 30–45 sec side plank (each side)
- 5-minute easy walk to flush the legs

Scaling rule: If you're sore or tight, cut reps in half, but don't skip the work entirely. Consistency builds the foundation.

WEEKLY TEACHING (This is the real “lesson”)

Stewardship of Health

This journey isn't just about running. It's about preparing your body to do everything you're called to do. When you train, you're strengthening the vessel that carries your purpose, and that's stewardship in action.

There's an ancient principle that our bodies are more than disposable shells. They matter because they're sacred. Not to be worshiped and placed on a pedestal... but to be cared for with intention. The point isn't vanity. The point is responsibility: if you've been entrusted with a machine this complex, heart, lungs, joints, and nervous system, the least we can do is learn how to maintain it.

Our bodies are designed to run like that beautiful, beat-up and rusty first car. No, our body was designed to run like that finely tuned Ferrari. It's not meant to idle, not meant to waste away, but meant to run with purpose, precision, and high-end performance.

Here's the shift in Week Four: we move from *ownership* to *stewardship*. Ownership says, “This is mine.” Stewardship says, “This is mine to care for.” That means we don't just celebrate the work. We also respect recovery. We don't just push. We listen to what our body is saying. We don't just run. We warm up, we stretch, we hydrate, we sleep, we fuel.

Because your body wasn't designed to be run into the ground. It was designed to run with purpose. And when we honor the design, we become a better reflection of wholeness—mind,

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body, and spirit. That’s what draws people in: a life that radiates health, discipline, and direction.

And even if you didn’t complete a run, you started this week, did you listen to what your body was telling you? More importantly, what **story** did you tell yourself in that moment that made quitting feel like the only option?

Was it fuel? Injury? Fatigue? Poor sleep? Going out too fast? Tight calves? Shallow breathing?

If you listen carefully, you’ll find the clue. And once you find the clue, you can make an adjustment—pace, breathing, hydration, warm-up, recovery, shoes, rest—and keep moving forward.

When we learn, adjust, and keep moving forward we are practicing **stewardship** of the lives we have been given.

So whether we “succeed” or “fail,” we win—because this challenge isn’t about pass/fail.

This is **awareness → adjustment → implementation.**

Identity. Dominion. Authority.

FOCUS QUESTION

What small change this week could help me honor my body through better stewardship of my health?

EMERGENCY LEVER + PLAN FOR FAILURE

This is a progressive program. It requires the schedule. Emergency levers are rare.

If we miss a session:

- **Reschedule the full session within 24 hours**
- No shame spiral
- Don’t restart — **resume**
- Protect rest days between runs whenever possible

Mantra: Plan for failure. Expect success.

COMMUNITY CHECK-IN (Hub)

I love hearing from people who are getting it done, your check-ins motivate me. Big days, tough days, wins, struggles... all of it. Let's keep each other moving.

[The F.I.T. Method Challenge Series Hub](#)

Post title format: [10-0-10-0 | Week Four | City/State]

Quick check-in format:

✅ Done | 🧠 Noticed | 🛠 Adjusting | 🔥 Win

Zero Excuses. Full Effort.

~ Todd

WEEK FIVE: Consistency (New Normal)

Consistency is when the new behavior stops being an event and starts becoming your normal.

CONGRATULATIONS!

Halfway there — and stronger than we started.

I'm proud of every one of you who showed up and got that **two miles** done. That wasn't "just a run." That was proof that your capacity is expanding, and that what used to feel impossible is starting to feel normal.

And if last week wasn't perfect for you, but you kept showing up anyway? That counts too. Consistency isn't perfection. It's **returning**. It's refusing to disappear because you had an off day.

Have you ever gone to a motivational event?

When you're there in that environment, you're on cloud nine. I leave those events **ON FIRE**, ready to conquer the world. When you come home after the experience is done, the motivation eventually dissipates and you're still left with needing to show-up today. Every single day is the most important day I show up for, and that's whether or not I'm motivated.

Week Five is where we protect the new normal. The novelty starts to fade, and that's fine because we don't run on hype. We run on rhythm. We don't need a heroic week. We need a faithful one.

Let's stack it.

Most people want change. Few people train it.

Research has found only **about 8%** of people keep their resolutions **longer than a few weeks**.

You're in **Week 5**.

Be Elite.

NON-NEGOTIABLE RULES (READ ONCE. FOLLOW EVERY TIME)**Warm-Up (Every Run) — 5 minutes**

Why: reduces injury risk, lowers mental resistance, and makes your first interval smoother.

Rule: If we skip the warm-up, we didn't start the run yet.

Stretching (Daily)

TOGETHER, CREATING WHOLENESS, UNLEASHING FREEDOM

Why: the lower legs are adapting to impact—mobility keeps “tight and angry” from turning into “injured and out.

Rule: If we “don’t have time to stretch,” we don’t have time to be injured.

Hydration (Daily)

Why: dehydration increases perceived effort—so we feel weaker than we actually are.

Rule: Don’t wait for thirst. Start earlier than thirsty.

THIS WEEK’S RUN SCHEDULE (MONDAY → SATURDAY)

Note: The goal isn’t speed. The goal is **steady + continuous**.

MONDAY — SESSION 1

Warm-up: 5 minutes easy

Main set: **15-18 minutes continuous run**

Cool-down: 3–5 min walk

Notes: Smooth. Controlled. Don’t chase pace — chase rhythm.

WEDNESDAY — SESSION 2

Warm-up: 5 minutes easy

Main set: **20 minutes continuous run**

Cool-down: 3–5 min walk

Notes: This is the builder. Stay relaxed. Stay consistent.

SATURDAY — SESSION 3 (CAPSTONE)

Main set: **2.5 miles continuous** (no time requirement)

Notes: Keep running motion, even if you slow it down to a walk.

TUESDAY + THURSDAY — WORKOUT

Workout day(s). Choose one if needed. Earn the other if you’ve got it.

FRIDAY + SUNDAY — REST

Rest is strategy.

PACE RULES (Train smart, not loud)

- **Talk test:** short phrases = correct effort

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- Finish like you could keep going (but you're glad you don't have to)
 - Don't sprint the run minutes — **consistency > intensity**
 - Week Five mission: **protect the new normal**
-

HEALTH TIP OF THE WEEK: Running Form + Mechanics

This week we're focusing on **efficiency**. Great form makes you smoother, stronger, and less prone to injury. During your run, do a quick form check every few minutes—**no wasted energy**.

Quick Form Check (30 seconds)

- **Posture tall** with a slight lean from the ankles (not the waist).
- **Shoulders relaxed**, arms about **90°** (no tension).
- Hands move **back and forth** (not side to side). Keep them closer to the waist. Pretend like you're reaching out and pulling a lever back.
- **Short, quick strides** beat long, heavy ones every time.
- **Land softly** under your body (avoid reaching way out in front).
- **Eyes forward**, chin slightly out (where your eyes go, your body follows).
- **Relaxed hands/fists**. Pretend you're holding an eggshell between your fingers and thumb. Don't crush it. (Save the squeeze for the last minute if you want to finish strong.)
- Pick an object ahead (a sign, mailbox, light pole) and make it your next target. That turns one long run into a bunch of small wins (and makes it way more fun).

Goal this week: tighten up our mechanics *smooth and strong*, not sloppy and strained. Mechanics aren't about looking good. They're about running smart.

WORKOUT FOCUS OF THE WEEK (15–30 minutes)

Goal: Build **engine + core control** so your running form stays smooth as the runs get longer. **HIIT** trains your ability to keep working when your body wants to quit (capacity + grit). **Core** trains stability so your posture doesn't collapse when fatigue hits (mechanics + injury prevention).

Bottom line: stronger engine, stronger midline, better running.

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Option A — HIIT (Full-Body) No-Equipment Smoke

Rules: Complete the full set consecutively.

- Less than 20 seconds between exercises
- 1:00 between sets
- Aim for 3–4 sets (18–22 minutes)

Set (repeat 3–4 rounds):

1. Jump Squats (*or air squats*) — 30 sec
2. Burpees (*or walk-out burpee*) — 30 sec
3. Skater Hops (*or side step*) — 30 sec
4. Fast Feet (*or high-knee march*) — 30 sec
5. Alternating Lunges — 30 sec
6. Plank Hold — 30 sec

Goal: keep moving the whole time, no dead stops.

Rule: form first, speed second.

Option B — No-Back-Problem Core

1. Glute Bridge Hold — 45 sec
2. Bird Dogs — 10 each side (slow + controlled)
3. Heel Taps — 40 sec
4. Plank Shoulder Taps — 30 sec
5. Reverse Crunch — 12–15 reps

Cue: if your lower back feels it, slow down and tighten the core, control beats speed.

Scaling rule: If you're sore or tight, cut reps in half, but don't skip the work entirely. Consistency builds the foundation.

WEEKLY TEACHING (This is the real "lesson")

Consistency

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Consistency isn't about speed, it's about faithfulness.

The same way we train our legs to keep moving when they want to stop, we train our mind to hold on and stay connected when life feels heavy. Discipline in the unseen moments builds consistency everywhere else in life.

Let's be honest, how can we develop consistency without showing up daily. We don't develop consistency by missing one day a week, every single week. No. We persevere through challenge, through resistance, through moments when our comfort begs us to stop.

That's what this journey is teaching us. Not just how to run farther, but how to grow stronger. Doing this challenge *is* a challenge, and that's the point. It's training your body, yes. But even more than that, it's training your mind and spirit to push past the "I don't feel like it" mindset. Because maturity is when we choose action over emotion. It's when we stretch beyond comfort and allow consistency to do its work.

If we allow it to consistency can be a teacher that refines us, strengthens us, and leads us toward maturity. And when we mature, we become complete, *not lacking anything*. We don't lack because we've learned how to push through. We don't quit because we know how to endure. And that consistency becomes the bridge between where we are and where we're called to be.

FOCUS QUESTION

Where do I keep waiting to "feel like it"—and what would change if I showed up anyway, today?

EMERGENCY LEVER + PLAN FOR FAILURE

This is a progressive program. It requires the schedule. Emergency levers are rare.

If we miss a session:

- **Reschedule the full session within 24 hours**
- No shame spiral
- Don't restart — **resume**
- Protect rest days between runs whenever possible

Mantra: Plan for failure. Expect success.

TOGETHER, CREATING WHOLENESS, UNLEASHING FREEDOM

COMMUNITY CHECK-IN (Hub)

I love hearing from people who are getting it done, your check-ins motivate me. Big days, tough days, wins, struggles... all of it. Let's keep each other moving.

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Zero Excuses. Full Effort.

~ Todd

WEEK SIX: Focus (Realign + Execute)

Focus is how we stay aligned when fatigue, life, and distraction try to pull us off course.

CONGRATULATIONS!

We're officially in the second half of the program, which means we're now closer to the finish line than we are to the starting line. That's huge. Because this is where we transition from getting started... to riding momentum.

Those weekly runs should be feeling a little easier. Not because the distance got easier, but because **you're changing**. You're building rhythm. You're building habit. You're building the kind of consistency that carries into every area of life.

Maybe your schedule doesn't look exactly like what I mapped out, but you've found a groove that works for you... and that's progress worth celebrating.

So take a quick moment to congratulate yourself for making it past the halfway point...
...Moment over.

Now let's go own the second half of this challenge that starts with a huge milestone: **your 5K**.

This is your opportunity to start the back half strong and build real confidence. Attack Week Six with **laser focus**—smooth, steady, and intentional—so we set ourselves up to finish this challenge the right way.

NON-NEGOTIABLE RULES (READ ONCE. FOLLOW EVERY TIME)**Warm-Up (Every Run) — 5 minutes**

Why: reduces injury risk, lowers mental resistance, and makes your first interval smoother.

Rule: If we skip the warm-up, we didn't start the run yet.

Stretching (Daily)

Why: the lower legs are adapting to impact—mobility keeps “tight and angry” from turning into “injured and out.

Rule: If we “don't have time to stretch,” we don't have time to be injured.

Hydration (Daily)

Why: dehydration increases perceived effort—so we feel weaker than we actually are.

Rule: Don't wait for thirst. Start earlier than thirsty.

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THIS WEEK'S RUN SCHEDULE (MONDAY → SATURDAY)

Note: The goal isn't speed. The goal is **steady + continuous**.

MONDAY — SESSION 1

Warm-up: 5 minutes easy

Main set: **20 minutes continuous run**

Cool-down: 3–5 min walk

Notes: Smooth. Controlled. Don't chase pace — chase rhythm.

WEDNESDAY — SESSION 2

Warm-up: 5 minutes easy

Main set: **25 minutes continuous run**

Cool-down: 3–5 min walk

Notes: This is the builder. Stay relaxed. Stay consistent.

SATURDAY — SESSION 3 (CAPSTONE)

Main set: **5k (3.1 miles) continuous** (no time requirement)

Notes: Keep running motion, even if you slow it down to a walk.

TUESDAY + THURSDAY — WORKOUT

Workout day(s). Choose one if needed. Earn the other if you've got it.

FRIDAY + SUNDAY — REST

Rest is strategy.

PACE RULES (Train smart, not loud)

- **Talk test:** short phrases = correct effort
- Finish like you could keep going (but you're glad you don't have to)
- Don't sprint the run minutes — **consistency > intensity**
- Week Six mission: **sharpen your focus and run with intention**

HEALTH TIP OF THE WEEK: Fueling Your Run (5K WEEK)

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Hydration keeps you alive on the course — **fuel determines how strong you finish.**

Before your run

Eat light and smart: **quick carbs + a little protein** (30–60 minutes before).

Examples: **toast + peanut butter, banana, oatmeal.**

5K note: Don't try anything new on race day—eat what you know your body handles well.

During your run

Once you're running **40+ minutes** or tackling tougher routes (hills), consider small boosts: **chews, gel, applesauce packet, electrolyte drink.**

After your run

Refuel within **30 minutes: protein + carbs.**

Examples: **smoothie, eggs + fruit, yogurt + granola.**

Your body is a finely tuned machine — give it the right fuel, and it'll carry you farther with more energy.

Goal this week: Fuel on purpose with **steady energy in, strong finish out**, especially heading into your 5K.

WORKOUT FOCUS OF THE WEEK (15–30 minutes)

Goal: Build **engine + core control** so your running form stays smooth as the runs get longer. **HIIT** trains your ability to keep working when your body wants to quit (capacity + grit). **Core** trains stability so your posture doesn't collapse when fatigue hits (mechanics + injury prevention).

Bottom line: stronger engine, stronger midline, better running.

Option A — HIIT (Full-Body) No-Equipment Smoke

Rules: Complete the full set consecutively.

- Less than 20 seconds between exercises
- 1:00 between sets
- Aim for 3–4 sets (18–22 minutes)

Set (repeat 3–4 rounds):

1. **Step-Back Lunge + Knee Drive** (alternating) — 30 sec
2. **Squat Pulse** — 30 sec
3. **Push-Up to Down Dog** (or incline) — 30 sec

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4. **Mountain Climbers** — 30 sec
5. **Calf Raises** (fast up, slow down) — 30 sec
6. **Wall Sit** — 30 sec

Goal: keep moving the whole time, no dead stops.

Rule: form first, speed second.

Option B — Iron Midline

1. **Plank** — 45 sec
 2. **Dead Bug** — 10 reps each side (slow)
 3. **Side Plank** — 30 sec each side
 4. **Bicycle Crunch** — 40 sec
 5. **Hollow Hold** (or tucked) — 20–30 sec
- Rest:** 60–90 sec between rounds

Scaling rule: If you're sore or tight, cut reps in half, but don't skip the work entirely. Consistency builds the foundation.

WEEKLY TEACHING (This is the real “lesson”)

FOCUS

Focus is the skill that keeps you aligned.

You know when it's really hard to focus? **When you're not doing anything meaningful.**

When there's no direction. No urgency. No clear demand.

It reminds me of a company I worked for. Every year at the same time, things would slow down to a crawl for a month or two. There was no real mission other than just show up and handle whatever came up. And during that season, not only was it hard to show up every day... even when there *was* something to do, it was hard to focus on it. Actions got scattered. Effort got half-hearted. Nobody was the poster child for efficiency.

But when we were busy and the work demanded more than we thought we could give, **focus sharpened.**

Actions carried weight. Decisions got clean. Efficiency showed up. Not because we magically became better people, but because the demand forced our attention into alignment.

That's running too.

It's easy to drift in the “doldrum” miles—the parts of a run that don't feel urgent, don't feel hard, and don't require much intentionality. Your body is moving, but your mind is on autopilot. Form gets sloppy. Breathing gets lazy. Thoughts wander.

But when the run gets demanding and when it feels like more than you think you're capable of, **focus kicks in**. You tighten up, you get efficient, and you become intentional. The lean mean machine, that is you, turns on.

So here's the lesson for Week Six: **don't wait for difficulty to give you focus. Train focus before the difficulty arrives**. Because the 5K is going to ask for it.

Week Six Focus Drill:

Every 3–5 minutes, do a quick “systems check”:

- shoulders relaxed
- posture tall
- breath controlled
- cadence steady

Then lock back in and keep moving.

Elite focus isn't a feeling. It's a practiced return.

FOCUS QUESTION

Where do I drift into autopilot because things feel too easy or unclear, and what's one “systems check” I can use to refocus?

EMERGENCY LEVER + PLAN FOR FAILURE

This is a progressive program. It requires the schedule. Emergency levers are rare.

If we miss a session:

- **Reschedule the full session within 24 hours**
- No shame spiral
- Don't restart — **resume**
- Protect rest days between runs whenever possible

Mantra: Plan for failure. Expect success.

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COMMUNITY CHECK-IN (Hub)

I love hearing from people who are getting it done, your check-ins motivate me. Big days, tough days, wins, struggles... all of it. Let's keep each other moving.

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~ Todd

WEEK SEVEN: Breaking Barriers

Barriers don't break in your legs first, they break in your beliefs and trickle down to the legs.

CONGRATULATIONS!

Let's make this loud: **you ran a 5K**. That's 3.1 miles of continuous forward motion, and that my friend, is a huge milestone.

So, a ginormous congratulations to everyone who ran their first 5K, their second 5K, or their 100th 5K this weekend. It doesn't matter how many you've done, the fact that you ran one with us puts you in elite territory.

Think about Week 1. For some of you, running for one minute felt intimidating, and maybe even highly difficult. Now you've stacked enough reps that what used to feel impossible is starting to feel normal. That's not just endurance, **that's identity shifting**.

To put it in perspective: in a given year, **only a couple million people** even log a 5K race result in the U.S. That's **well under 1% of the country**.

So, when you showed up, laced up, and crossed that finish line, you didn't just "get a run in" you joined a very small group of people who actually **follow through**.

And here's why Week Seven matters: the 5K wasn't the finish line, it was a barrier you just kicked down. This week isn't only about distance. It's about breaking the internal limits that whisper, "I can't." Because every time you push through one of those moments, you're not just running farther, **you're expanding what you believe is possible**.

So celebrate it. Seriously. You earned that confidence.

Then let's use it.

Most people talk about change. Few people train for it.

Less than 1% of the country does what you just did, and that is definitely elite.

YOU ARE ELITE.

NON-NEGOTIABLE RULES (READ ONCE. FOLLOW EVERY TIME)**Warm-Up (Every Run) — 5 minutes**

Why: reduces injury risk, lowers mental resistance, and makes your first interval smoother.

Rule: If we skip the warm-up, we didn't start the run yet.

Stretching (Daily)

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Why: the lower legs are adapting to impact—mobility keeps “tight and angry” from turning into “injured and out.

Rule: If we “don’t have time to stretch,” we don’t have time to be injured.

Hydration (Daily)

Why: dehydration increases perceived effort, so we feel weaker than we actually are.

Rule: Don’t wait for thirst. Start earlier than thirsty.

THIS WEEK’S RUN SCHEDULE (MONDAY → SATURDAY)

Note: The goal isn’t speed. The goal is **steady + continuous**.

MONDAY — SESSION 1

Warm-up: 5 minutes easy

Main set: **25 minutes continuous run**

Cool-down: 3–5 min walk

Notes: Smooth. Controlled. Don’t chase pace — chase rhythm.

WEDNESDAY — SESSION 2

Warm-up: 5 minutes easy

Main set: **30 minutes continuous run**

Cool-down: 3–5 min walk

Notes: This is the builder. Stay relaxed. Stay consistent.

SATURDAY — SESSION 3 (CAPSTONE)

Main set: **4 miles continuous** (no time requirement)

Notes: Keep running motion, even if you slow it down to a walk.

TUESDAY + THURSDAY — WORKOUT

Workout day(s). Choose one if needed. Earn the other if you’ve got it.

FRIDAY + SUNDAY — REST

Rest is strategy.

PACE RULES (Train smart, not loud)

- **Talk test:** short phrases = correct effort

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- Finish like you could keep going (but you're glad you don't have to)
- Don't sprint the run minutes — **consistency > intensity**
- Week Seven mission: **breaking barriers that were never thought to be possible**

HEALTH TIP OF THE WEEK: Strength = Speed and Stability

As the mileage increases, your legs aren't just engines, they're **shock absorbers, stabilizers, and anchors**. Strengthening your lower body isn't about bulking up; it's about building endurance and power so you can run farther with less fatigue and fewer injuries.

Focal Points:

- **Single-Leg Work:** Running is a one-leg sport. Add balance movements like single-leg squats or step-ups.
- **Glute Activation:** Strong glutes protect your knees and power your stride. Before a run, do **15 glute bridges** or banded walks to "wake them up."
- **Hill Work = Strength Work:** Every hill climb is resistance training in disguise. Focus on driving knees up and powering through your glutes (think of a soldier marching).
- **Post-Run Strength:** After shorter midweek runs, spend **10 minutes** doing lunges, squats, or calf raises. Small, consistent effort compounds fast.

Why it matters: A stronger lower body absorbs impact, improves running economy, and helps you maintain form when you're tired. When your muscles can carry the load, your mind is free to focus on the finish.

Goal of the Week: Strengthen what supports you so your form holds when fatigue shows up.

WORKOUT FOCUS OF THE WEEK (15–30 minutes)

Goal: Build strength and stability so your form stays solid as distance increases. Stronger legs and stronger core mean fewer breakdowns late in the run.

Bottom line: The runs build your engine. The workouts build your frame. You need both to keep breaking barriers.

Lower Body (Simple + Challenging)

2–3 rounds (rest 60–90 sec between rounds):

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6. 10–15 Squats
7. 10 each leg Reverse lunges
8. 12–15 Glute bridges (pause 1 sec at top)
9. 12–20 Calf raises (slow down, fast up)
10. 30–45 sec Wall sit

Core (Stability for Running)

2–3 rounds (rest 60 sec between rounds):

1. 30–45 sec Plank
2. 10 each side Bird dogs (slow + controlled)
3. 30 sec each side Side plank
4. 12–15 Reverse crunches
5. 30 sec Dead bug hold (or 10 reps each side)

Scaling rule: If you're sore or tight, cut reps in half, but don't skip the work entirely. Consistency builds the foundation.

WEEKLY TEACHING (This is the real "lesson")

Breaking Barriers

You may have heard the story before but this reminds me of Roger Bannister, the first man to run a mile in under four minutes.

For years, experts said it was impossible, that the human body couldn't withstand the feat. Not just physically impossible but **mentally locked**. Bannister refused to accept the limit that everyone in the world believed. He trained through resistance, pushed through doubt, and on May 6th, 1954 the 25-year-old broke the barrier by running one-mile in 3:59.4. It was a mere .6 seconds under the four minutes but it was a barrier broken.

And here's the wild part: exactly 46 days later a gentleman by the name of John Landy broke Bannister's record with a one-mile time of 3:58.

Bannister and Landy were joined by three other men in 1955, and another five in 1956.

In 2024, another seventeen people broke the four-minute mile and there have been over 2,000 people in total since 1954 that have broken the four-minute mile.

Why? Because when the barrier broke in one mind, it broke in many minds.

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That's what you're doing right now. The 5K was a belief barrier. This week, 4 miles becomes the next one. And the deeper win isn't the mileage. It's the message you're sending yourself: **"I do hard things. I finish what I start. I don't stop when it gets uncomfortable."**

Break the barrier in your beliefs, and your body will follow.

FOCUS QUESTION

What limits have I accepted about myself, and what would breaking that barrier look like in one tangible rep this week?

EMERGENCY LEVER + PLAN FOR FAILURE

This is a progressive program. It requires the schedule. Emergency levers are rare.

If we miss a session:

- **Reschedule the full session within 24 hours**
- No shame spiral
- Don't restart — **resume**
- Protect rest days between runs whenever possible

Mantra: Plan for failure. Expect success.

COMMUNITY CHECK-IN (Hub)

I love hearing from people who are getting it done, your check-ins motivate me. Big days, tough days, wins, struggles... all of it. Let's keep each other moving.

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WEEK EIGHT: Iron Sharpens Iron

What you've built in private isn't meant to stay private. It's meant to sharpen someone else.

CONGRATULATIONS!

Let's be real: **this is the week where the grind starts to feel... grindy.**

The newness has worn off. The schedule feels repetitive. The runs can start to feel tediously boring. And when boredom shows up, it doesn't just steal excitement it quietly starts negotiating your consistency.

So, I'm not here with a "congratulations" this week. I'm here with a **charge.**

Because this is exactly where iron sharpens iron.

You don't get sharper when things are easy and exciting. You get sharper when it's repetitive, when it's unglamorous, when it's "just another run," and you show up anyway. That's where the edge forms. That's where your discipline stops being a mood and becomes a weapon.

And I'll tell you why I'm willing to bring this energy right now: **I've been forged in the fire too.** I know what it's like to want to coast. I know what it's like to get bored. I know what it's like to have your mind tell you, "This isn't even that important." And I also know what happens on the other side when you don't listen.

Hear me: **your boredom is not a sign to stop. It's a sign you're in the forge.**

This is where your steel gets strong.

This week, don't just run for you. Run for the person watching you. Run for the person you're sharpening. Your consistency is someone else's courage. Your follow-through is someone else's proof.

And if you need a spark, I'll be it.

Now let's get back to work.

Most people talk about change. Few people train for it.

Elite people don't just stay consistent. **They sharpen others while they do it.**

Be Elite.

NON-NEGOTIABLE RULES (READ ONCE. FOLLOW EVERY TIME)

Warm-Up (Every Run) — 5 minutes

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Why: reduces injury risk, lowers mental resistance, and makes your first interval smoother.

Rule: If we skip the warm-up, we didn't start the run yet.

Stretching (Daily)

Why: the lower legs are adapting to impact—mobility keeps “tight and angry” from turning into “injured and out.

Rule: If we “don't have time to stretch,” we don't have time to be injured.

Hydration (Daily)

Why: dehydration increases perceived effort, so we feel weaker than we actually are.

Rule: Don't wait for thirst. Start earlier than thirsty.

THIS WEEK'S RUN SCHEDULE (MONDAY → SATURDAY)

Note: The goal isn't speed. The goal is **steady + continuous**.

MONDAY — SESSION 1

Warm-up: 5 minutes easy

Main set: **30 minutes continuous run**

Cool-down: 3–5 min walk

Notes: Smooth. Controlled. Don't chase pace — chase rhythm.

WEDNESDAY — SESSION 2

Warm-up: 5 minutes easy

Main set: **35 minutes continuous run**

Cool-down: 3–5 min walk

Notes: This is the builder. Stay relaxed. Stay consistent.

SATURDAY — SESSION 3 (CAPSTONE)

Main set: **4.5 miles continuous** (no time requirement)

Notes: Keep running motion, even if you slow it down to a walk.

TUESDAY + THURSDAY — WORKOUT

Workout day(s). Choose one if needed. Earn the other if you've got it.

FRIDAY + SUNDAY — REST

Rest is strategy.

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PACE RULES (Train smart, not loud)

- **Talk test:** short phrases = correct effort
- Finish like you could keep going (but you're glad you don't have to)
- Don't sprint the run minutes — **consistency > intensity**
- Week Eight mission: **keep a pace that leaves enough in the tank to finish strong**

HEALTH TIP OF THE WEEK: Upper Body Endurance

As your mileage increases, you may notice something surprising: your **shoulders** start to ache before your legs give out. That's because your upper body is constantly working with your arms swing thousands of times every run. If your shoulders and back can't support that repetition, tension builds fast.

How to fix it:

- **Posture check:** chest open, shoulders relaxed—don't carry stress in your traps.
- **Arm drive:** elbows swing **back and forward**, not across your body.
- **Build endurance:** shoulder-tap planks, push-ups, and band pulls add stability.
- **Post-run reset:** roll shoulders, stretch chest, loosen traps every time.

Why it matters:

When your shoulders fatigue, your form collapses. You round forward, your stride shortens, and your breathing gets shallow simply because your upper body can't hold the rhythm. Strength and endurance up top keep you efficient mile after mile.

Goal of the week: Keep your upper body calm so your whole run stays smooth.

WORKOUT FOCUS OF THE WEEK (15–30 minutes)**Upper Body**

Goal: build upper-body endurance so shoulders stay relaxed and your arms keep rhythm.

Circuit — 3 rounds (rest 60–90 sec between rounds)

1. **Push-ups (or incline) — 10–15**

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2. **Band Pull-Aparts (or towel rows) — 15–25**
3. **Shoulder Tap Plank — 30–40 sec**
4. **Pike Push-ups (or DB shoulder press) — 8–12**
5. **Farmer Carry (DBs or heavy bags) — 40–60 sec**

Rule: Quality reps. No shrugging. Keep your neck long.

Core (10–15 min)

Goal: stability under fatigue so your posture doesn't collapse late.

Circuit — 2–3 rounds (rest 45–60 sec between rounds)

1. **Plank — 40 sec**
2. **Side Plank — 25–30 sec each side**
3. **Dead Bug — 10 each side (slow)**
4. **Reverse Crunch — 12–15**
5. **Bird Dogs — 10 each side (controlled)**

Cue: If your lower back takes over, slow down and tighten the core.

Scaling rule: If you're sore or tight, cut reps in half, but don't skip the work entirely. Consistency builds the foundation.

WEEKLY TEACHING (This is the real "lesson")

There is a proverb that says: "As iron sharpens iron, so one person sharpens another."

We spend a lot of time training alone. The miles, the workouts, the early mornings or late nights, most of it has been solo. And we should be proud of that. Training alone builds self-discipline. It not only builds consistency it also builds the ability to keep moving when nobody's watching.

But here's what I've come to realize: the growth we build alone isn't meant to stay alone. Every bit of strength developed in private is meant to sharpen someone else in public.

That's what this proverb is really about. Iron doesn't sharpen iron by sitting still. It takes contact. It takes friction. It takes connection. We grow through the people around us, through encouragement, accountability, and sometimes the push we didn't ask for but needed.

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And when you show up strong physically, mentally, and spiritually, you become the iron that sharpens others. Your discipline sparks someone else's consistency. Your endurance strengthens someone else's belief. You may have built your edge in solitude, but that edge has a purpose beyond you: it cuts through excuses, fear, and doubt in the people watching your life.

You all sharpen me by being part of this group in more ways than you realize. Thank you for that, I appreciate you.

This week, think about it:

We spent the first half of this program getting sharper.

Now it's time to use that sharpness to sharpen someone else.

FOCUS QUESTION

Who is one person I can sharpen this week, and what's one specific way I'll encourage them through the grind?

EMERGENCY LEVER + PLAN FOR FAILURE

This is a progressive program. It requires the schedule. Emergency levers are rare.

If we miss a session:

- **Reschedule the full session within 24 hours**
- No shame spiral
- Don't restart — **resume**
- Protect rest days between runs whenever possible

Mantra: Plan for failure. Expect success.

COMMUNITY CHECK-IN (Hub)

I love hearing from people who are getting it done, your check-ins motivate me. Big days, tough days, wins, struggles... all of it. Let's keep each other moving.

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Zero Excuses. Full Effort.

~ Todd

WEEK NINE: Growth Through Discomfort

Discomfort doesn't define you. Your posture does.

CONGRATULATIONS!

You should be proud of what you have accomplished to this point, because I'm definitely proud of you.

Now let's keep that momentum rolling into Week Nine, because this is the stretch where things get real. The miles are getting longer, and your body might be telling you it's had enough.

This is the moment where most people stop. **But not you.**

Growth never happens in comfort. And you've already proven you know how to show up when it's inconvenient. That consistency has built something strong in you. Something that doesn't fold when it gets hard

Most people talk about change. Few people train for it.

Elite people don't wait on comfort. They choose their posture and execute anyway.

Be Elite.

NON-NEGOTIABLE RULES (READ ONCE. FOLLOW EVERY TIME)**Warm-Up (Every Run) — 5 minutes**

Why: reduces injury risk, lowers mental resistance, and makes your first interval smoother.

Rule: If we skip the warm-up, we didn't start the run yet.

Stretching (Daily)

Why: the lower legs are adapting to impact—mobility keeps “tight and angry” from turning into “injured and out.

Rule: If we “don't have time to stretch,” we don't have time to be injured.

Hydration (Daily)

Why: dehydration increases perceived effort—so we feel weaker than we actually are.

Rule: Don't wait for thirst. Start earlier than thirsty.

THIS WEEK'S RUN SCHEDULE (MONDAY → SATURDAY)

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Note: The goal isn't speed. The goal is **steady + continuous**.

MONDAY — SESSION 1

Warm-up: 5 minutes easy

Main set: **25-30 minutes easy run**

Cool-down: 3–5 min walk

Notes: Smooth. Controlled. Don't chase pace — chase rhythm.

WEDNESDAY — SESSION 2

Warm-up: 5 minutes easy

Main set: **30-35 minutes easy run**

Cool-down: 3–5 min walk

Notes: This is the builder. Stay relaxed. Stay consistent.

SATURDAY — SESSION 3 (CAPSTONE)

Main set: **5 miles continuous** (no time requirement)

Notes: Keep running motion, even if you slow it down to a walk.

TUESDAY + THURSDAY — WORKOUT

Workout day(s). Choose one if needed. Earn the other if you've got it.

FRIDAY + SUNDAY — REST

Rest is strategy.

PACE RULES (Train smart, not loud)

- **Talk test:** short phrases = correct effort
- Finish like you could keep going (but you're glad you don't have to)
- Don't sprint the run minutes — **consistency > intensity**
- Week Nine mission: **hold your posture under pressure**

HEALTH TIP OF THE WEEK: Foot Health (Because miles add up)

By Week Nine, your lungs aren't the only thing training. Your **feet** are too. And if your feet get beat up, everything else suffers: form collapses, stride shortens, and every step becomes a negotiation.

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Here's the rule: don't wait for pain to become a problem. Handle it early.

By Week Nine, your lungs aren't the only thing training. Your feet are also. And if your feet get beat up, everything else suffers: form collapses, stride shortens, and every step becomes a negotiation.

1) Hotspot Rule (the "2-minute save")

If you feel a hotspot rubbing, burning, or a "this is about to blister" feeling. Stop and fix it immediately.

Adjust your sock, change lacing, add tape/bandage. Two minutes now can save two weeks later.

2) Socks + Laces Matter More Than You Think

- Wear socks that stay dry (cotton is a trap).
- Adjust lacing if your toes go numb or your foot slides forward.
- If your heel slips, use a heel lock lace to keep it planted.

3) Basic Foot Care (Non-negotiable adulting)

- Trim toenails (long nails = pressure pain and black toenails).
- Moisturize at night if you crack, but keep feet dry before runs.
- Rotate shoes if you can. Even one extra pair helps your feet recover.

4) Quick Foot Strength (2–3 minutes)

Do these a few times a week:

- Calf raises — 15–20 reps
- Towel scrunches — 30–45 seconds
- Toe "yoga" — lift big toe / lift other toes (10 reps)

5) Epsom Salt Foot Soak (Nightly reset)

After a run, soak your feet 10–15 minutes in warm water with Epsom salt. It helps you unwind, reduces that "beat-up" feeling, and gives your feet a nightly reset so you're ready to show up again tomorrow.

When your feet are strong and protected, your whole body runs better. Your stride stays smooth, your posture stays tall, and you stop wasting energy fighting discomfort.

Goal of the Week: Protect your feet early so you can keep stacking miles late.

WORKOUT FOCUS OF THE WEEK (15–30 minutes)

Goal: Build **engine + core control** so your running form stays smooth as the runs get longer. **HIIT** trains your ability to keep working when your body wants to quit (capacity + grit). **Core** trains stability so your posture doesn't collapse when fatigue hits (mechanics + injury prevention).

Bottom line: stronger engine, stronger midline, better running.

Option A — HIIT (Full-Body) No-Equipment Smoke

Rules: Complete the full set consecutively.

- Less than 20 seconds between exercises
- 1:00 between sets
- Aim for 3–4 sets (18–22 minutes)

Set (repeat 3–4 rounds):

7. **Step-Back Lunge + Knee Drive** (alternating) — 30 sec
8. **Squat Pulse** — 30 sec
9. **Push-Up to Down Dog** (or incline) — 30 sec
10. **Mountain Climbers** — 30 sec
11. **Calf Raises** (fast up, slow down) — 30 sec
12. **Wall Sit** — 30 sec

Goal: keep moving the whole time, no dead stops.

Rule: form first, speed second.

Option B — Iron Midline

11. **Plank** — 45 sec
12. **Dead Bug** — 10 reps each side (slow)
13. **Side Plank** — 30 sec each side
14. **Bicycle Crunch** — 40 sec
15. **Hollow Hold** (or tucked) — 20–30 sec

Rest: 60–90 sec between rounds

Scaling rule: If you're sore or tight, cut reps in half, but don't skip the work entirely. Consistency builds the foundation.

WEEKLY TEACHING (This is the real “lesson”)

TOGETHER, CREATING WHOLENESS, UNLEASHING FREEDOM

Growth Through Discomfort

If you want to understand growth, don't look at comfort. Look at steel.

Steel doesn't become strong by staying safe. It becomes strong by going through a process that looks like destruction from the outside. The steel is put into the fire until it becomes hot, soft, and vulnerable, malleable enough to be shaped. That heat doesn't exist to hurt it. The heat exists to change what it can become.

Then comes the part that feels even more intense: the steel is pulled from the fire and plunged into water or oil. That sudden contrast is called quenching. And it's not random. That shock is what hardens it. The structure changes, the molecules lock into a stronger pattern, and the steel becomes more durable because of what it endured.

That's growth through discomfort.

Discomfort is the fire. The pressure is the shaping. The "shock" of hard days is the quench. And perseverance is what you learn by staying in the process long enough to come out different.

But here's the key: **posture matters.**

If steel could panic, it would try to jump out of the fire early. It would resist the shaping. It would avoid the quench. And it would stay soft, unchanged, and weak.

People do the same thing.

When discomfort shows up, we slump mentally. We tighten up. We start bargaining. We start telling ourselves stories that give us permission to quit. Not because we're broken but because discomfort makes us vulnerable. That vulnerability is where the transformation happens.

So, Week Nine is a posture week.

When the miles get long... **stay tall.**

When your mind gets loud... **stay calm.**

When quitting feels logical... **stay committed.**

Because the goal isn't to avoid discomfort. The goal is to let discomfort do its job without letting it take control.

You're not being punished. You're being forged.

Discomfort doesn't define you. Your posture does.

FOCUS QUESTION

What are the uncomfortable areas of my life trying to teach me—and how will I respond with posture instead of panic?

EMERGENCY LEVER + PLAN FOR FAILURE

This is a progressive program. It requires the schedule. Emergency levers are rare.

If we miss a session:

- **Reschedule the full session within 24 hours**
- No shame spiral
- Don't restart — **resume**
- Protect rest days between runs whenever possible

Mantra: Plan for failure. Expect success.

COMMUNITY CHECK-IN (Hub)

I love hearing from people who are getting it done, your check-ins motivate me. Big days, tough days, wins, struggles... all of it. Let's keep each other moving.

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~ Todd

WEEK TEN (RACE WEEK): Strength in Stillness

Elite isn't always more effort. Sometimes it's the discipline to recover, reset, and show up ready.

Race Week Prep List

This week isn't about proving anything. This week you don't need me to congratulate you, encourage you, or motivate you. You made it this far which means you're running on discipline not on motivation. Motivation wore off like nine weeks ago. This week it's about **preparing for everything** so race day doesn't surprise you.

1) Route Plan (Know what you're running)

- Is your 10K a **loop**, an **out-and-back**, or multiple laps?
- Do you know the **turns, hills**, and any rough spots?
- If you haven't run the path you plan to run, **make this week's runs on that path**. No surprises on race day.

2) Weather Plan (Plan it early, don't panic late)

- Check the forecast for race morning.
- Decide your layers now: gloves? hats? base layer? Shorts?
- Dress rule: **"20 degrees warmer."** (If it's 30°, dress like it's 50° once you're moving.)

3) Fuel + Hydration Plan (Nothing new this week)

- Decide what you'll eat **the night before** and **race morning**.
- Don't introduce new foods, drinks, gels, or supplements.
- Hydrate the day before *and* race morning.

4) Gear Check (small problems become big at mile 4)

- Shoes good? Socks tested? Laces locked?
- Any hotspot/rubbing this week = fix it immediately (tape, sock change, lace change).

5) Logistics (remove stress)

- Know where you're parking, where you'll meet (if you're doing it in a group), and when you're leaving the house.
- Set your wake-up time.

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- Know your warm-up plan (walk/jog + light mobility).

NON-NEGOTIABLE RULES (READ ONCE. FOLLOW EVERY TIME) THIS WEEK IS NO DIFFERENT**Warm-Up (Every Run) — 5 minutes**

Why: reduces injury risk, lowers mental resistance, and makes your first interval smoother.

Rule: If we skip the warm-up, we didn't start the run yet.

Stretching (Daily)

Why: the lower legs are adapting to impact—mobility keeps “tight and angry” from turning into “injured and out.

Rule: If we “don't have time to stretch,” we don't have time to be injured.

Hydration (Daily)

Why: dehydration increases perceived effort, so we feel weaker than we actually are.

Rule: Don't wait for thirst. Start earlier than thirsty.

THIS WEEK'S RUN SCHEDULE (MONDAY → SATURDAY)

Note: The goal isn't speed. The goal is **steady + continuous**.

MONDAY — SESSION 1

Warm-up: 5 minutes easy

Main set: **20–25 min easy run**

Cool-down: 3–5 min walk

Notes: Keep it light and smooth.

WEDNESDAY — SESSION 2

Warm-up: 5 minutes easy

Main set: **15-20 minute shakeout jog**

Cool-down: 3–5 min walk

Notes: Easy, just loosen the legs.

SATURDAY — SESSION 3 (RACE DAY)

10K-6.2 MILES

Notes: Keep running motion, even if you slow it down to a walk.

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TUESDAY + THURSDAY — REST/STRETCH

Rest, walk, mobility stretches

FRIDAY + SUNDAY — REST

Rest is strategy.

PACE RULES (Train smart, not loud)

- **Talk test:** short phrases = correct effort
 - Finish like you could keep going (but you're glad you don't have to)
 - Don't sprint the run minutes — **consistency > intensity**
 - Week Ten mission: **bring it home and finish what you started.**
-

HEALTH TIP OF THE WEEK: Recovery Is Still Training

This week, recovery isn't an afterthought it's the assignment. Every mile you've run has stressed muscles, joints, and your nervous system. **Recovery is when those systems adapt and come back stronger.**

- **Sleep deep:** 7–9 hours (don't cheat this)
- **Fuel smart:** protein + complex carbs + whole foods
- **Stretch daily:** hips, calves, hamstrings, shoulders
- **Hydrate constantly:** dehydration sneaks up even in the cold
- **Move lightly:** walks/mobility = blood flow without extra stress

Goal of the Week: Back off just enough to **lock in** what you built and show up fresh for the 10K.

WEEKLY TEACHING (This is the real "lesson")

Finish Like You Train

There's a reason most people don't finish hard things. They rely on emotion to carry a decision that requires purpose.

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Purpose is what carries you when your legs burn.

Purpose is what steadies your breathing when discomfort hits.

Purpose is what brings you across the finish line when everything in you wants to quit.

And here's the part that surprises people: **rest is part of that purpose.**

Stillness isn't laziness. Stillness is strategy. It's saying: *I've done the work. Now I'm going to let it set.*

Elite people don't just train hard they recover on purpose so they can show up at the right time with the right energy. This week is about controlled effort, clean decisions, and refusing to sabotage the finish by overreaching at the end.

You're not hoping to finish. You're prepared to finish.

That's the difference.

FOCUS QUESTION

What does it look like for me to slow down this week, not to stop, but to strengthen what's already been built?

EMERGENCY LEVER + PLAN FOR FAILURE

RACE WEEK EMERGENCY PLAN (Failure Plan = Finish Plan)

Principle: We don't "hope" race day works out. We **plan** for disruption.

1) Pick Your Back-Up Day (Right Now)

Choose a 24–48 hour window after race day as your **official make-up day.**

- **Backup Day A:**
- **Backup Day B:**
(Pick one and lock it in. Put it on your calendar.)

2) Define "Unacceptable Conditions"

If any of these hit, we pivot with no guilt and no drama:

- Ice or unsafe roads/trails
- Lightning / severe weather
- Illness symptoms (fever, chest congestion, dizziness)

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- Family emergency or unexpected work requirement
Rule: We don't risk injury for pride.

3) Same Race Rules on the Back-Up Day

If you run the backup day, you run it like race day:

- Same warm-up
- Same fueling plan
- Same route (or closest safe equivalent)
- Same start time if possible
- Same "finish strong" mindset

4) Weather Pivot Options (If the route is unsafe)

- **Option A:** Safer paved route you know well
- **Option B:** Treadmill 10K (last resort, still counts)
- **Option C:** Out-and-back on a plowed path (avoid hidden ice)

5) Communication Rule (Community Sharpening)

If you pivot, **post it** in the group:

"I'm moving my 10K to ____ because _____. Still finishing."

That's iron sharpening iron by showing others how to adapt without quitting.

Bottom line: This isn't pass/fail — it's **plan → pivot → finish.**

Mantra: Plan for failure. Expect success.

COMMUNITY CHECK-IN (Hub)

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