

PainSimpleTV — 7■Day Discipline Plan (v3)

Run • Strength • Mindset • Faith — with timing, nutrition, sleep and hydration. Choose a level (Beginner/Intermediate/Advanced). Discipline > Motivation.

Goal of the Week & Success Metrics

- Complete 7 sessions (5 runs, 2 strength) — MED allowed on busy days.
- Sleep ≥ 7.5 h average; screens off 60 min before bed 5/7 days.
- Protein with every meal; daily water target hit 6/7 days.
- Mindset & Faith reflection every day (≥ 3 lines).

Level	Run Volume	Strength Volume	MED
Beginner (B)	20–35 min runs; long 30–40	1–2 sets	Run 10–15 + 1 set
Intermediate (I)	30–50 min; long 45–60	2–3 sets	Run 15–20 + 2 sets
Advanced (A)	40–70 min; long 60–80	3–4 sets	Run 20–25 + 2 sets

When to Train (AM/PM Options)

AM = consistency & calmer head. PM = slightly better peak power. Pick what you can repeat.

Session	AM Option	PM Option	Fueling Notes
Easy Run	fasted or light snack	light snack 60 min pre	Water; >45 min add electrolytes.
Intervals/Tempo	late AM best	early evening	Carb snack pre; carbs+protein post.
Long Run	weekend morning	—	Electrolytes before; carbs during if >60 min.
Strength	2–6 h after meal	2–6 h after meal	Protein 20–40 g within 2 h after.

Nutrition by Bodyweight

Use these per kg formulas. Example shown for 70 kg — adjust to your bodyweight.

Macro	Formula (per kg)	Example 70 kg
Protein	1.6–2.2 g/kg/day	110–155 g/day
Carbs (easy day)	3–4 g/kg/day	210–280 g
Carbs (quality/long)	4–6 g/kg/day	280–420 g
Fat	0.6–1.0 g/kg/day	42–70 g

Per meal target: Protein 25–40 g • Carbs 40–90 g • Fat 10–25 g • Veg = 1 fist.

Hydration & Sleep Protocols

- Water baseline: 30–35 ml/kg/day (70 kg → 2.1–2.5 L).
- Before training: 300–600 ml water 60–90 min prior.
- During long/hot runs: 300–500 ml/h with 300–600 mg sodium/L.
- Caffeine up to 3 mg/kg 30–60 min before quality; cut off 8–10 h prebed.
- Sleep: 7.5–9 h. Wind down 60 min, cool/dark/quiet room, fixed wake time.

Simple Grocery List

- Proteins: chicken, eggs, Greek yogurt, cottage cheese, salmon/tuna, whey/casein.
- Carbs: oats, rice, potatoes, pasta, bread, fruit, rice cakes, honey.
- Fats: olive oil, nuts, peanut butter, avocado.
- Veg: leafy greens, tomatoes, peppers, broccoli, carrots, onions.
- Extras: electrolytes/salt, coffee/tea, dark chocolate 85%.

Day 1 — Commit

Run: Run: 20–40 min Z2 (B run/walk 1:1 for 20–30; I 30–40; A 40).

Strength/Mobility: Strength: 2–3 rounds — Squat 12, Pushups 8–12, RDL 12, Dead bug 10/side, Plank 45–60 s.

Mindset & Faith: Mindset & Faith: Write your WHY (3 lines).

Fueling: Fuel: Pre banana/yogurt; Post protein + carbs.

Hydration: Hydration: 300–600 ml pre; 300 ml during if >45 min.

Sleep: Sleep: screens off 60 min.

Habits: Habits: 8–12k steps • 2–3 L water.

MED: B 10–15 min + 1 set • I 15–20 + 2 sets • A 20–25 + 2 sets.

Day 2 — Tempo

Run: Run: 10 min easy → 10–15 min tempo → 5–10 min easy. B: 2x5 min brisk.

Strength/Mobility: Mobility: 10–15 min hips/ankles/T■spine + calf raises 3x15.

Mindset & Faith: Mindset & Faith: What does discipline look like today?

Fueling: Fuel: Carb snack 30–60 min pre; Post protein + carbs.

Hydration: Hydration: sip during; add electrolytes if hot.

Sleep: Sleep: caffeine cut■off 8–10 h pre■bed.

Habits: Habits: 5 min breathwork.

MED: B 10–15 min + 1 set • I 15–20 + 2 sets • A 20–25 + 2 sets.

Day 3 — Strength

Run: Run: Optional 15–25 min easy or brisk walk.

Strength/Mobility: Strength: 3–4 rounds — Split squat 10/leg, Row 12, OHP 8–10, Glute bridge 15, Farmer carry 30–60 m.

Mindset & Faith: Mindset & Faith: Read verse/proverb; write one action.

Fueling: Fuel: Normal meals; protein■centric dinner.

Hydration: Hydration: baseline.

Sleep: Sleep: same routine.

Habits: Habits: 10 min mobility.

MED: B 10–15 min + 1 set • I 15–20 + 2 sets • A 20–25 + 2 sets.

Day 4 — Intervals

Run: Run: Warm 10 → 6–10x(1 min fast / 1 min easy) → Cool 10. B: 6x(45 s brisk / 75 s walk).

Strength/Mobility: Core: Side plank 3x30–45 s/side, Bird■dog 10/side, Hollow hold 3x20–30 s.

Mindset & Faith: Mindset & Faith: Note an excuse you beat; gratitude prayer.

Fueling: Fuel: Carb snack pre; Post carbs+protein.

Hydration: Hydration: 300–500 ml during if needed.

Sleep: Sleep: warm shower + dark room.

Habits: Habits: Social media curfew 1 h pre■bed.

MED: B 10–15 min + 1 set • I 15–20 + 2 sets • A 20–25 + 2 sets.

Day 5 — Long Easy

Run: Run: B 30–35 min; I 45–55; A 60–75 min easy.

Strength/Mobility: Mobility: 10 min full body.

Mindset & Faith: Mindset & Faith: Audio note — wins since Day 1.

Fueling: Fuel: Electrolytes pre; carbs during if >60 min.

Hydration: Hydration: 300–500 ml/h long run.

Sleep: Sleep: earlier bedtime.

Habits: Habits: Plan weekend meals.

MED: B 10–15 min + 1 set • I 15–20 + 2 sets • A 20–25 + 2 sets.

Day 6 — Hills/Strides

Run: Run: 20–35 min easy + 6–8×10–15 s hill/strides, full recovery.

Strength/Mobility: Strength: Posterior chain — RDL 10–12, Ham curl 12, Superman 12, Calf 3×15.

Mindset & Faith: Mindset & Faith: Write 3 wins; encourage one person.

Fueling: Fuel: Normal meals; small carb pre if PM.

Hydration: Hydration: baseline.

Sleep: Sleep: protect routine.

Habits: Habits: 10■min stretch.

MED: B 10–15 min + 1 set • I 15–20 + 2 sets • A 20–25 + 2 sets.

Day 7 — Reset/Test

Run: Run: Optional 20 min easy or 10■min time■trial.

Strength/Mobility: Mobility: 15–20 min + light circuit 1–2 rounds.

Mindset & Faith: Mindset & Faith: Weekly review (what worked/change).

Fueling: Fuel: Balanced meals; no heavy late dinner.

Hydration: Hydration: water + pinch of salt post.

Sleep: Sleep: prep clothes for next week.

Habits: Habits: Set 3 priorities for Week 2.

MED: B 10–15 min + 1 set • I 15–20 + 2 sets • A 20–25 + 2 sets.

Weekly Schedule (AM/PM quick view)

Day	AM	PM	Notes
Mon	Easy + mobility	Strength 2–3 sets	Write WHY
Tue	Tempo	Mobility/Core	Carb snack pre
Wed	Strength	Optional easy run/walk	
Thu	Intervals	Core + stretch	
Fri	Long easy	Mobility	Electrolytes
Sat	Easy + strides	Posterior strength	
Sun	Test/Rest	Mobility + Review	Prep next week

Progression for 4 Weeks

- 1 Week 1: follow this plan exactly.
- 2 Week 2: +10% time on easy runs or +1 interval.
- 3 Week 3: keep volume; add 1 strength set if fresh.
- 4 Week 4: Deload –20–30% volume; keep habits & sleep.