

# 12 HOURS OF DARKNESS



## THE 3-MONTH GRIT & MENTAL TOUGHNESS EXPERIENCE

### A MENTAL & PHYSICAL CONDITIONING PROGRAM BUILT TO BREAK LIMITS

#### THE MISSION:

This isn't your average training plan.

This is war prep - for your body, your mind, and your soul.

Over 12 weeks, you'll train to complete 12 hours of nonstop movement through the night. But more than that -

you'll learn to master fatigue, lean into discomfort, and harden your mindset for life.

You won't just survive the dark.

You'll be forged in it.

#### COURSE STRUCTURE:

-Length: 12 Weeks

- Format: Weekly physical training + mindset drills
- Support: Weekly check-ins + monthly coaching call
- Final Test: 12-Hour solo overnight run - no music, no phone, no noise. Just you and the dark.

## THE PHASES

### MONTH 1: FOUNDATIONS OF GRIT

- Build your base. Harden your discipline. Create your edge.
- Lock in your "why" + sign your no-quit contract
- Cold exposure, journaling, daily movement
- Zone 2 base runs + strength training
- Begin fatigue training: early wakeups, sleep-deprived sessions



## MONTH 2: ENDURANCE MINDSET

-Strip the excuses. Step into adversity.

Test your limits.

- Long runs build weekly + first night run
  - Train in all weather, all conditions
- Add rucking + overnight simulation run
  - Study the greats. Become one.

## MONTH 3: WAR READY

-Become the weapon. Face the dark. Own it.

- Back-to-back silent night runs
- Longest endurance effort (6-8 hours)
- Ice bath meditations, fasted night runs
- Final Test: 12 hour push through the dark solo or at event.

## YOU GET:

- Weekly mindset readings + mission videos
- Guided visualization & mental training tools
  - Accountability check-ins (text or email)
  - Monthly group call or in-person meetup
- Post-run recovery + reflection framework

## YOU WALK AWAY WITH:

- The grit to run 12 hours through the night, alone
- Comfort with discomfort - fatigue, fear, cold, pain
- Unshakable discipline and mental clarity
- Proof you are harder to kill and built for more



**READY TO GET RUTHLESS WITH  
YOURSELF AND BECOME THE WEAPON?**



**LET'S GO**





## CHOOSE YOUR PATH:

### OPTION 1:

**R1999 / MONTH**

- IDEAL FOR MONTHLY COMMITMENT
- FULL ACCESS TO COACHING, MINDSET TRAINING, AND SUPPORT

### OPTION 2:

**R4500 / FULL COURSE**

- PAY ONCE, COMMIT FULLY
- BEST VALUE FOR 12-WEEK TOTAL TRANSFORMATION

