

<http://www.radiolab.org/blogs/radiolab-blog/2010/jul/26/secrets-of-success/>

an interesting argument.

i dont remember if it was gladwell or goleman who stated that excellence has an entry fee (of IQ or talent), a minimum level of "gifted-ness" but after that it is social conditioning, it is grit. that to be great, one must have a bit of "natural" ability, but that after a certain tipping point, it is all about putting in the hours, about doing the work.

i never really played sports as a kid. i was a loner. i was out of shape. i read books and looked at athleticism as something for "other people" , "talented" people. i never tried because i had already made a decision, i had no room for growth (at least in that direction) in my self image. moreover, i did not understand it. i did not love it.

i believe that is one of the reasons why the idea of "gifted" and "talented" is so prevalent, its easy to separate yourself, us and them, gifted and not. "i wasn't born with the talent so i can never be good so i don't have to try", its a bit harder to say "i wont be any good because i don't want to try" or simply "i don't care enough to try"

people who excell are obsessed. it is a constant. the hours of work. the attention paid. call it love or madness, but the people who get it done are the ones who show up. day after day. and work. the people who dream of their work. who sit and think of new ways to push themselves. people who sit and probe themselves for weakness, who seek out tests to expose those weaknesses, to highlight what needs to be fixed. people willing to do what is hard, to do what is smart. and to pay the price.

depression led me to self examination. to the methodical measuring and excising of self. to keep what is useful and cut out the rest. this served me well and after a few months i had pieced myself back together into something better. leaner, lighter, and more focused. driven. training, working out, only made sense to me after it was filtered through that experience. only after was it explained to me in those terms that i understood, that i felt passionate about, did i make any meaningful progress. love or obsession, it is about emotional content. it is about driving force. it is about the will. get to know that force, it will be your greatest ally, through it you can supercede yourself. understand it. train it. test it and flex it. and do it often.







flame out.

warm up with wall squats and SOTS presses

work up to heavy KB swings, OHS form and some jumping

then:

5x OHS (light)

5x box jump (high)

15x cal on airdyne

5x KB swings (heavy)

max rounds in 25 minutes.

there were some variations, Nate did front squats (OHS form is still a bit shaky so we don't want to set any bad movement patterns that we will have to correct later)

Chris did step ups and "hard style" push-ups (and i think he would like to thank Rob MacDonald for that one)

i did Sloss Pipe OHS and 20 cal on the airdyne.

chris and i also worked for 30 minutes, good fun was had by all, and everyone hates the airdyne just a little bit more.