

To: [REDACTED]
From: [REDACTED]
Sent: Tue 5/5/2015 4:16:04 PM
Subject: Fwd: How Athletes Get Great

Begin forwarded message:

From: [REDACTED]
Subject: How Athletes Get Great
Date: April 15, 2015 at 2:56:39 PM EDT

[REDACTED]

How Athletes Get Great

Just train for 10,000 hours, right? Not quite. In his new book, author David Epstein argues that top-shelf athletic performance may be a more complicated formula than we've recently come to believe.

<http://www.outsideonline.com/1917731/how-athletes-get-great>

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