

The Sports Gene author debunks the '10,000-Hour Rule'

Long before he co-authored a damning investigative article on Lance Armstrong or introduced the phrase “deer antler spray” into the lexicon with his feature on Ray Lewis’s dealings with some hucksters, *Sports Illustrated* senior writer David Epstein had questions about the biology behind elite athletic performance.

His observations of nature’s influence on athleticism seemed to contradict the nurture-based 10,000-Hour rule, popularized by Malcolm Gladwell. Epstein saw the rule influence not only popular culture, but academia as well. He wanted to investigate the long-standing nature versus nurture debate among elite competitors, so he travelled the world, interviewing athletes, scientists, and coaches in search of some answers.

Read the full, original story here: [How Athletes Get Great](#)