



Above & Beyond

Lesson Content

Every 4 years, the Olympic Games is the stage for extremely, crazy, nail-biting-close, victories. For example,

- In Beijing, Michael Phelps won the 100M butterfly by a mere 4.7 MILLIMETERS
- In the Seoul Olympics in 1988, the top two finishers were .005 seconds apart in the 1000M canoeing kayaking singles event.
- In 1992 Barcelona track finals the difference between the US winner, Gail Devers, and the 5th place finisher was less than 1/10 of a second.

These are insanely close finishes but at the end of the day, the winners STILL walked away with Gold medals. Is it just luck that makes for narrow victories, or have these athletes gone above and beyond in their training to reap great rewards.

At 211 degrees you have hot water. But with the increase of only one degree you have steam and you can power a locomotive. In the book **212 Degrees** the authors point out the significance of a tiny increase in intensity. A single degree makes a huge difference – changing water to steam. We're often looking for the shortcut to success, but consistent incremental increases in effort is actually what leads to HUGE gains. Going above and beyond in small degrees can make all the difference.

Ask yourself, "Where can I add that 1 degree of intensity that will make a difference? How can I turn up the heat and give a little more effort?"

Maybe it's:

- Adding one more interval to your swim or run when you feel like you are done
- Practicing a particular technique an extra 5 minutes every day would equal 2 extra hours every month)
- Engage in an extra 10 min of positive self-talk at the end of every week
- Set a goal of swinging the bat, kicking the ball, or doing a flip an extra 20, 40, 50 times in a day or week

Choose reasonable ways you can gradually train harder and/or smarter. How can YOU train above and beyond your normal level so that you can experience extraordinary results? Remember, it only takes one degree.





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Discussion Guide

1

Think of a time when you've witnessed someone's efforts that seemed "extra" or above and beyond the norm.

2

List several opportunities where you can add one degree of intensity or effort in your practices, or school work.