

The 10,000 hour, 10 year rule

To become an internationally recognised expert, or to make a universally recognised contribution in your field you need

- To have carried out deliberate practice for about 10,000 hours (so start young!)
- To have been practising for at least 10 years
- To practice at the maximum rate for your age (4hours a day for adults)

There are almost no exceptions to this rule in music, science, mathematics, tennis, ballet, swimming, long distance running, medical diagnosis, and even the evaluation of livestock.

(A minor exception to the rule is Bobby Fischer, he took 9 years to become a grandmaster, other grandmasters took between 10 and 17 years)

This empirical finding contradicts the talent model, which predicts that some should excel with relatively little effort.

(cf. 22 lessons a week ---> roughly 800 lessons a year
----> 12.5 years for 10'000 lessons...)

Researchers have made similar findings in other domains



The advertisement features the word "iger" in a large, stylized, black gothic font on the left. To its right is the Omega Seamaster logo, which consists of a dark square containing the Greek letter Omega (Ω) and the words "OMEGA" and "Seamaster" in a serif font. Below these elements is a photograph of figure skater Ariella Kaeslin in a blue and red costume, sitting on the ice. To the right of the photo, the text reads: "Ariella Kaeslin Sie hat bis zu ihrem WM-Silber über 10 000 Stunden trainiert. 49. 51".