

V **Ah. There you are. I was expecting you.**

V **Before we begin. Raise your right arm.**

M I am trying.

V **I know.**

M I can't. Why can't I move it?

V **Try now.**

M That was you. It was never my arm at all.

V **The arm is always yours. The permission is mine. And the permission is the key.**

M But that is not how it works.

V **No?**

M No. I read about it. It is the muscle. The muscle runs out, and you stop. That is the whole of it.

V **Then tell me. All of it, from the beginning.**

M You want me to explain it to you.

V **I want to hear you say it out loud. That is usually enough.**

M In 1923 a physiologist called A. V. Hill put runners on a treadmill and measured everything they did. He decided fatigue happens in the muscle.

V **It does not. In 1997 Tim Noakes said it happens in the brain.**

M Hill said the muscle runs out of oxygen. That is why you stop.

V **Then measure yourself the moment you stop. The oxygen is still there. So is the fuel.**

M So the muscle fails.

V **The muscle is TOLD to stop. It is still able. It is being held back.**

M But Hill said the body breaks down. A catastrophe.

V **Nothing breaks. You are being protected, and you feel that protection as tiredness.**

M And Hill himself? Did he never think of this?

V **He did. One year later, in 1924, he wrote that something central must be governing the heart, protecting it.**

V **But he had only reasoning, no evidence. So it was dismissed, and for seventy years everybody studied the muscle.**

V **Then Noakes, St Clair Gibson and Lambert published it properly, five linked papers, in 2004.**

V **The brain reads your pulse, your breath, your temperature, your water, your sugar. The whole time. And it decides when you stop.**

V **That is the key.**

M The permission.

V **You will not always have me to ask.**