

THE BRAIN BRAKE

the film, read through

50 panels

[1.1]



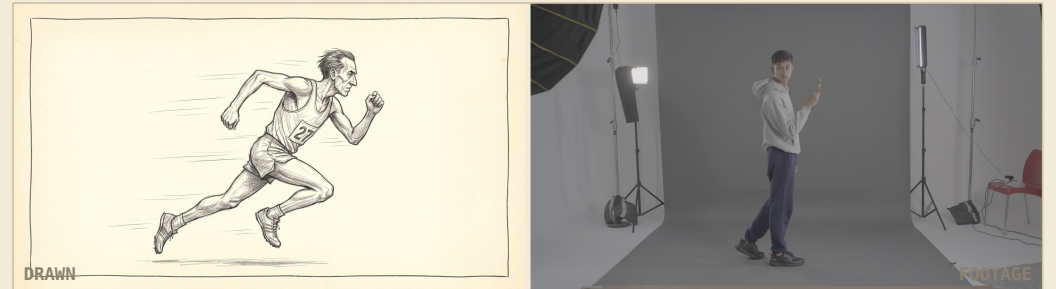
[1.2]



[1.3]



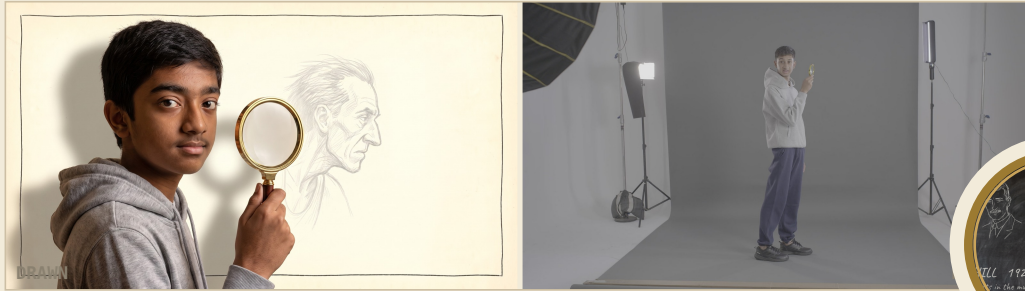
[1.4]



MANAN

"For a hundred years we blamed the muscles."

[1.5]



MANAN

"Hold on. He had nothing left. So where did THAT come from?"

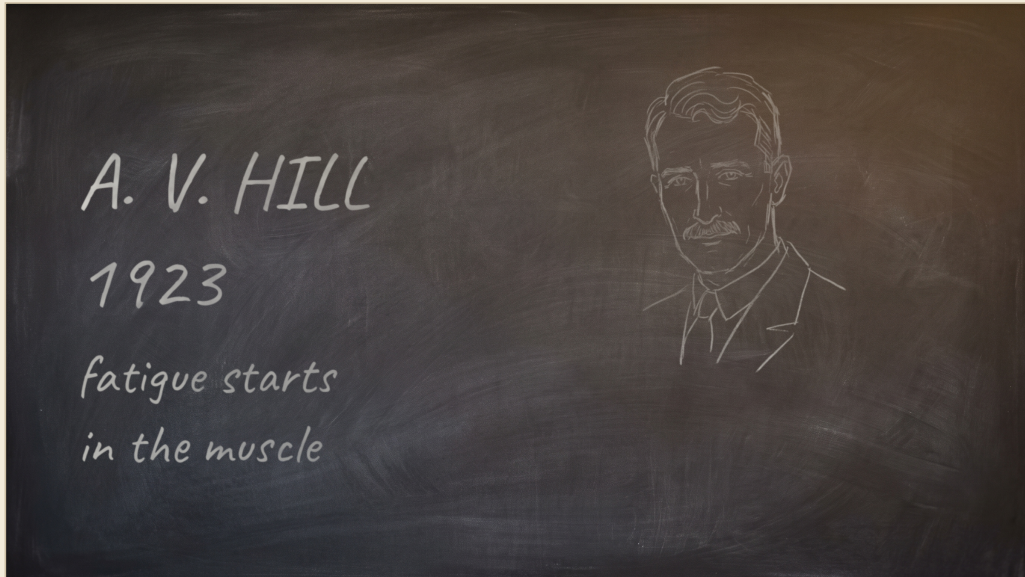
[2.1]



MANAN

"A. V. Hill. Nineteen twenty three."

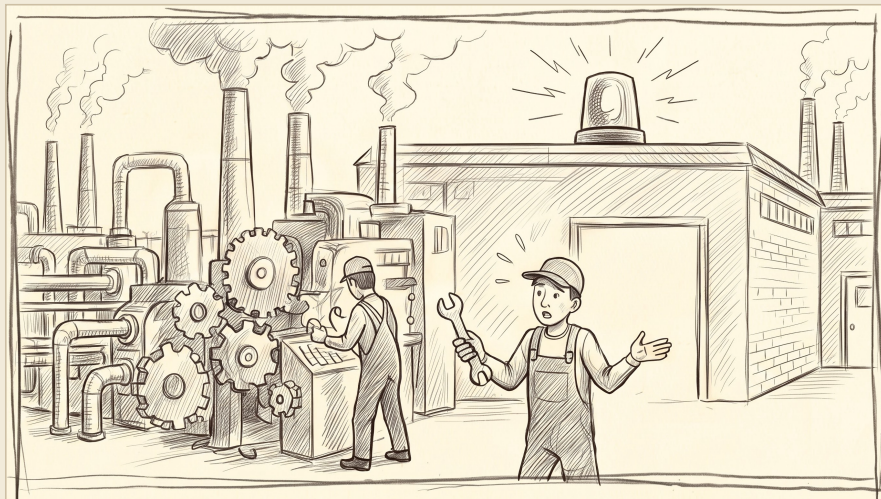
[2.2]



[2.3]



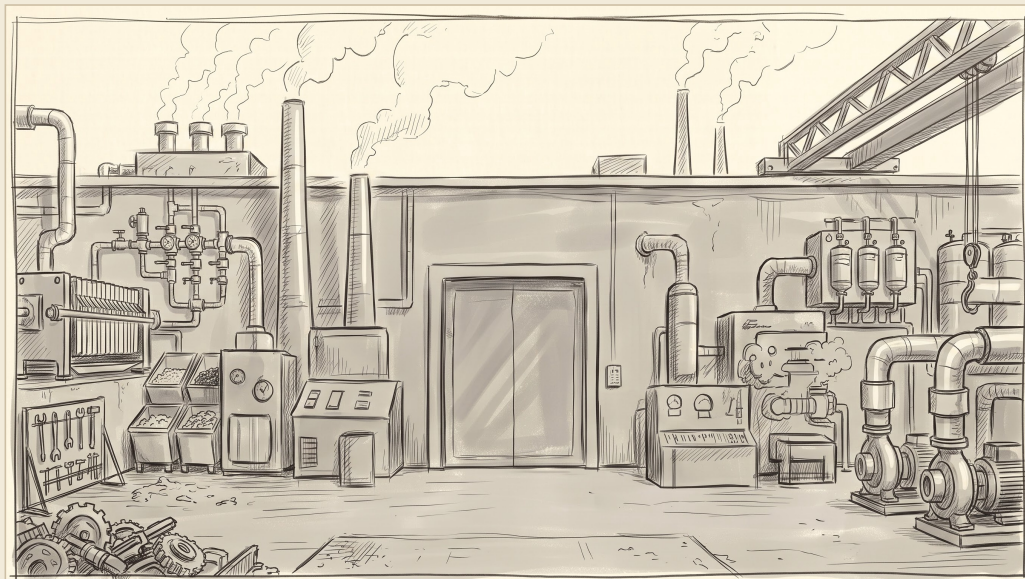
[2.4]



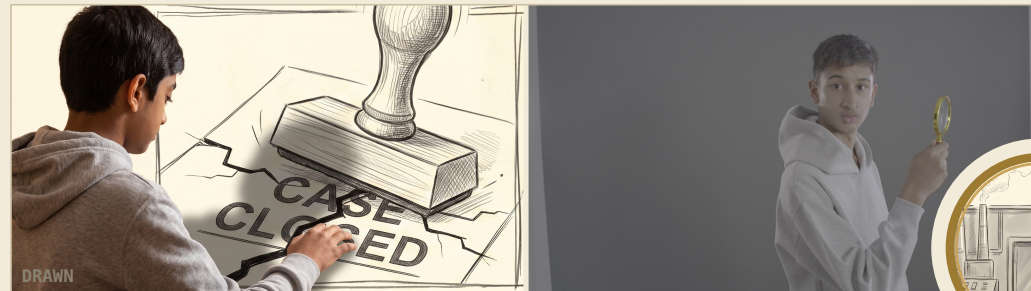
WORKER

“That's it. We're done.”

[3.1]



[2.5]



MANAN

“Except it doesn't explain this.”

[3.2]



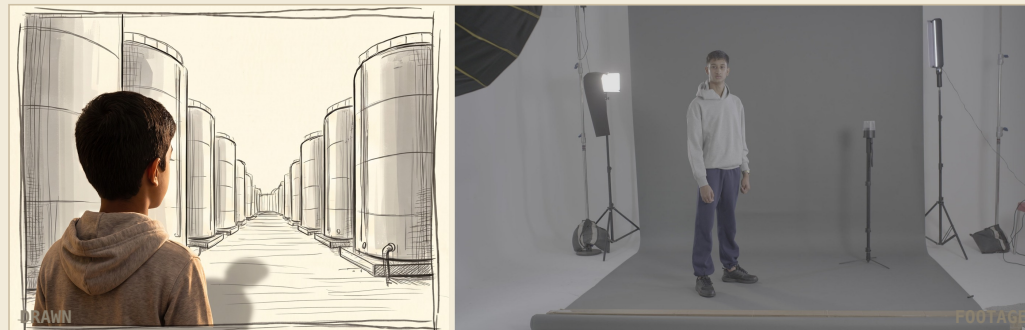
MANAN

“At the back, a door nobody opens.”

[3.3]



[3.4]



MANAN

"Tested the moment they gave up, the muscles could still do far more."

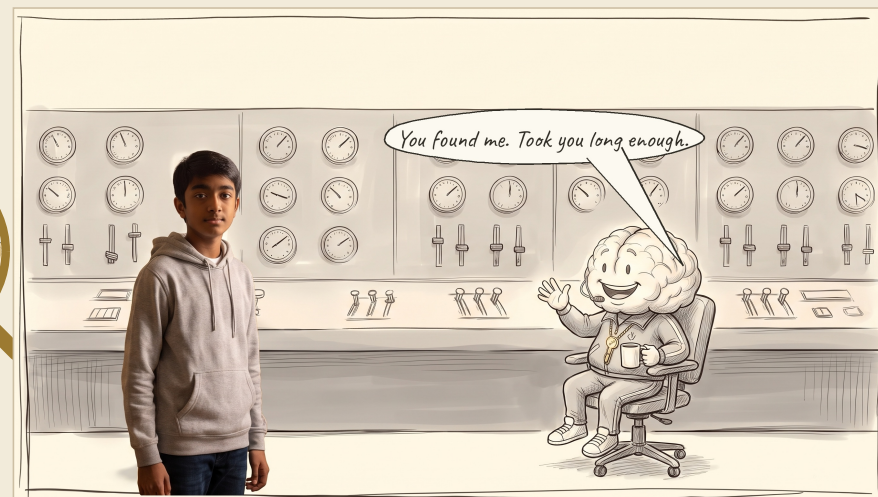
[3.5]



MANAN

"It was never empty. Somebody closed that door."

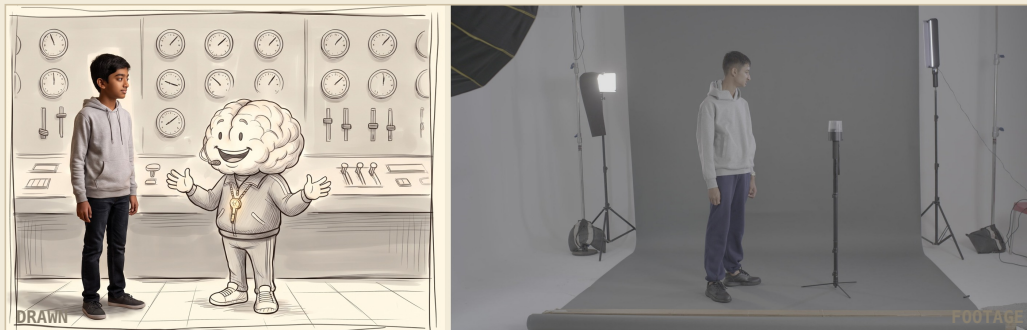
[4.1]



COACH BRAIN

"You found me. Took you long enough."

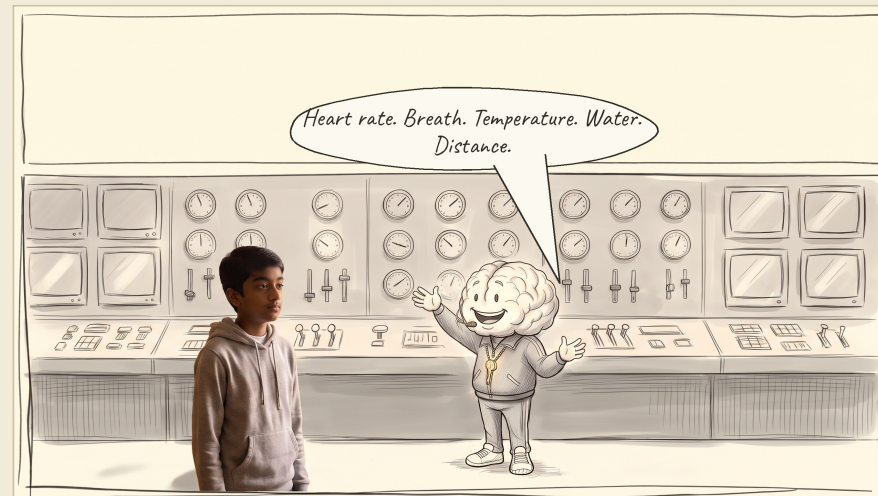
[4.2]



MANAN

"You closed that door."

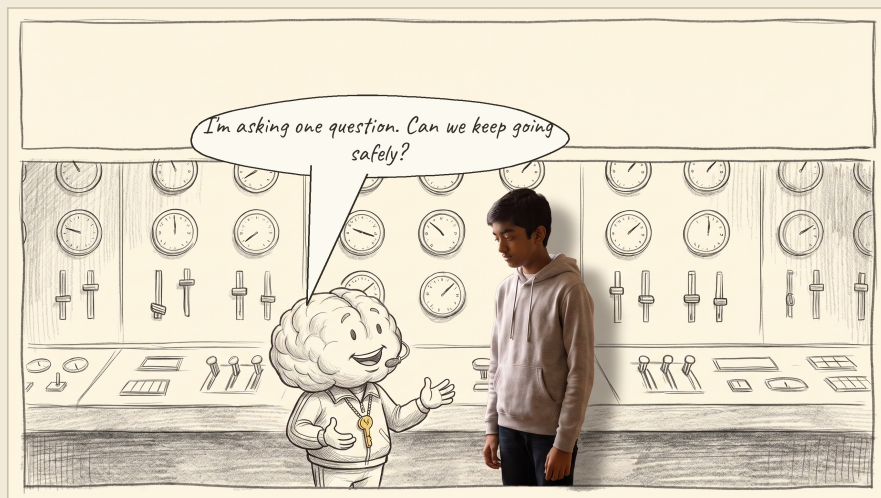
[4.3]



COACH BRAIN

"Heart rate. Breath. Temperature. Water. Distance."

[4.4]



COACH BRAIN

"I'm asking one question. Can we keep going safely?"

[4.5]



MANAN

"So you're secretly pacing me?"

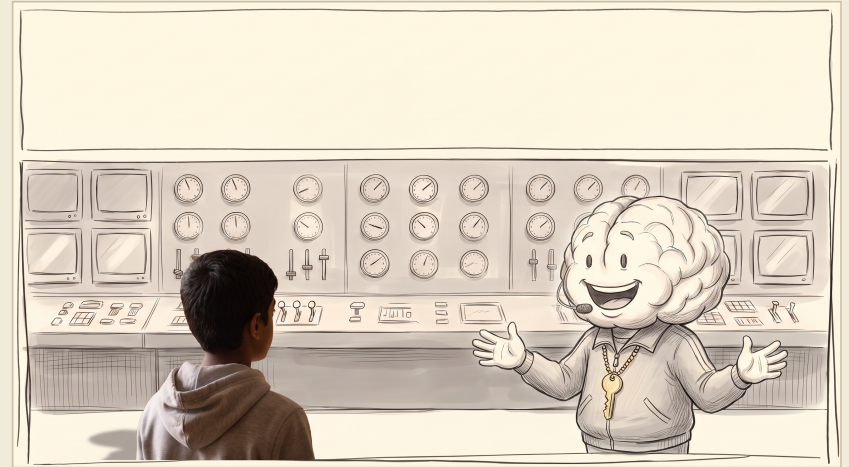
[4.6]



MANAN

"Like a phone at twenty percent. Not broken. Protecting itself."

[4.7]



COACH BRAIN

"Fatigue isn't your body failing. It's me slowing you down before real danger."

[4.8]



MANAN

"So the limit isn't my body. It's your judgement. They call it the Central Governor Theory."

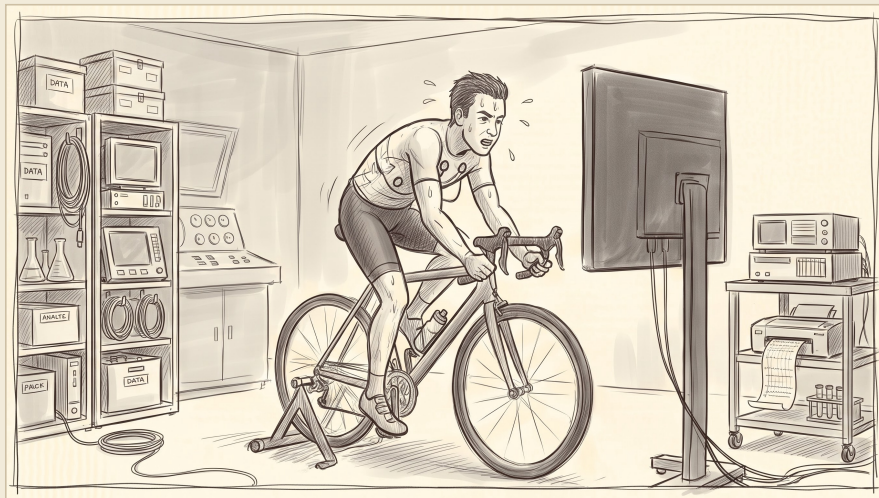
[4.9]



MANAN

"It sets your limit in advance, and keeps something in reserve."

[5.1]



MANAN

“They let him race his own best ride.”

[5.2]



MANAN

“He beat it. So it was never his maximum.”

[5.3]



[5.4]



MANAN

“So I tried it.”

[5.5]



[5.6]



[5.7]



MANAN

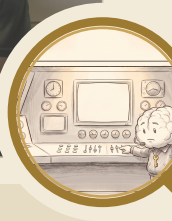
"Nothing about my legs changed."

[5.8]

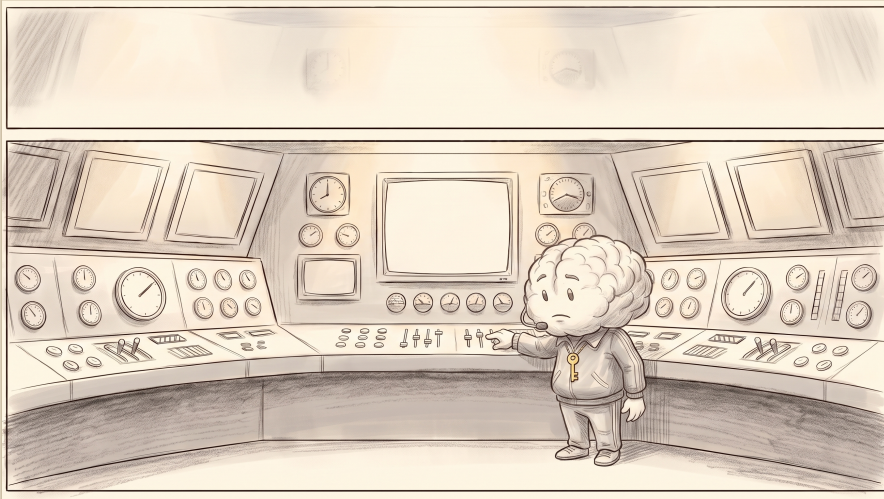


MANAN

"Only what I believed they had left."



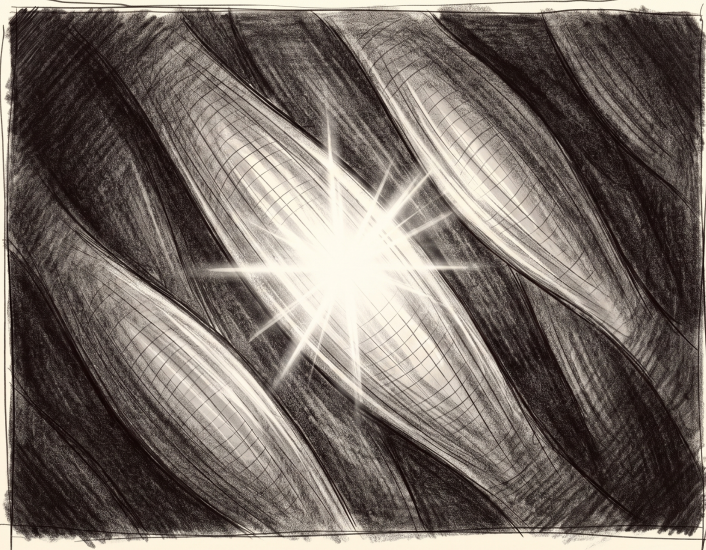
[6.1]



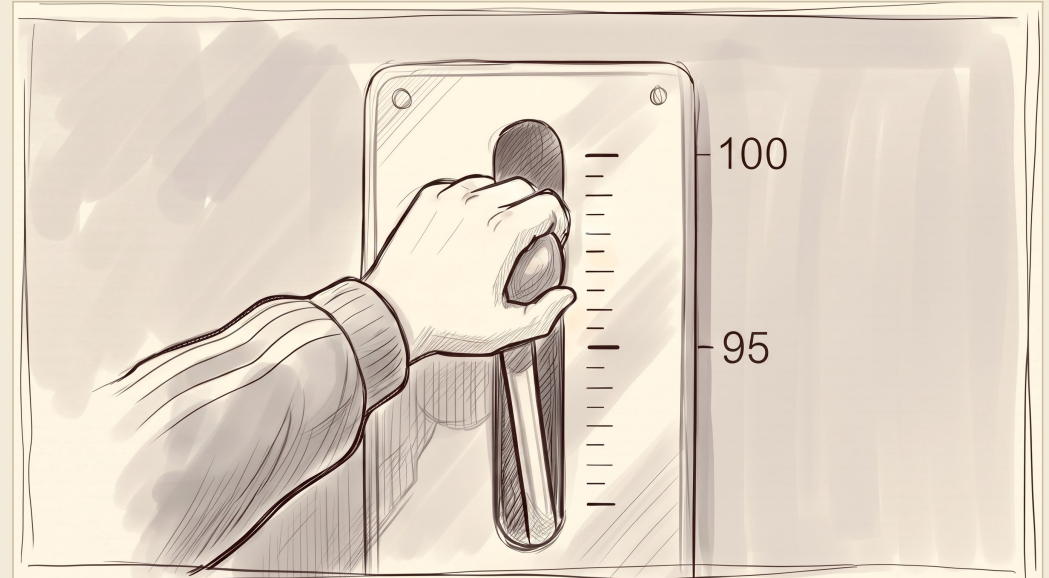
COACH BRAIN

"All right. Everything's holding. Let's give him a little more."

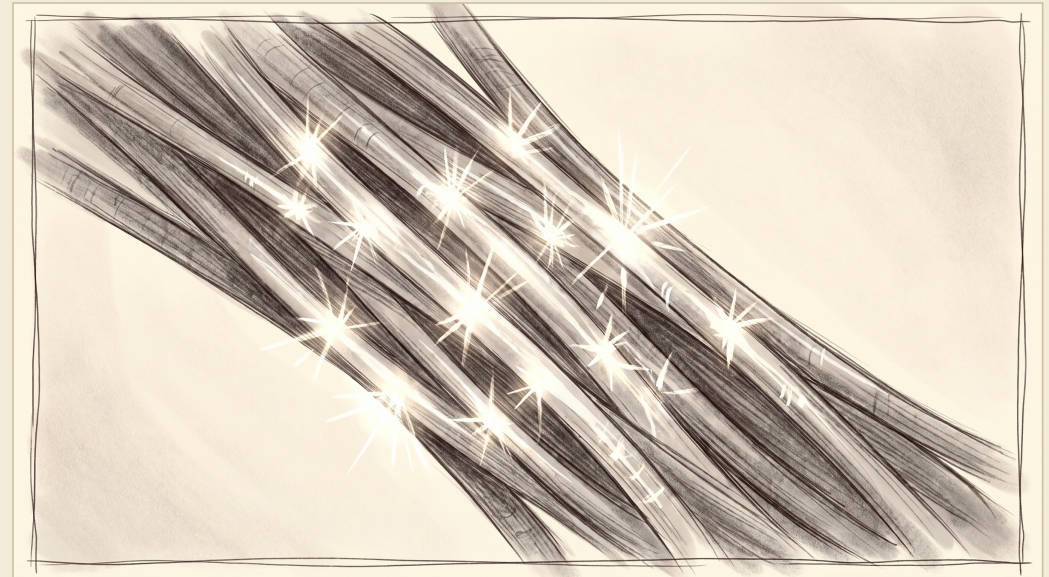
[6.3]



[6.2]



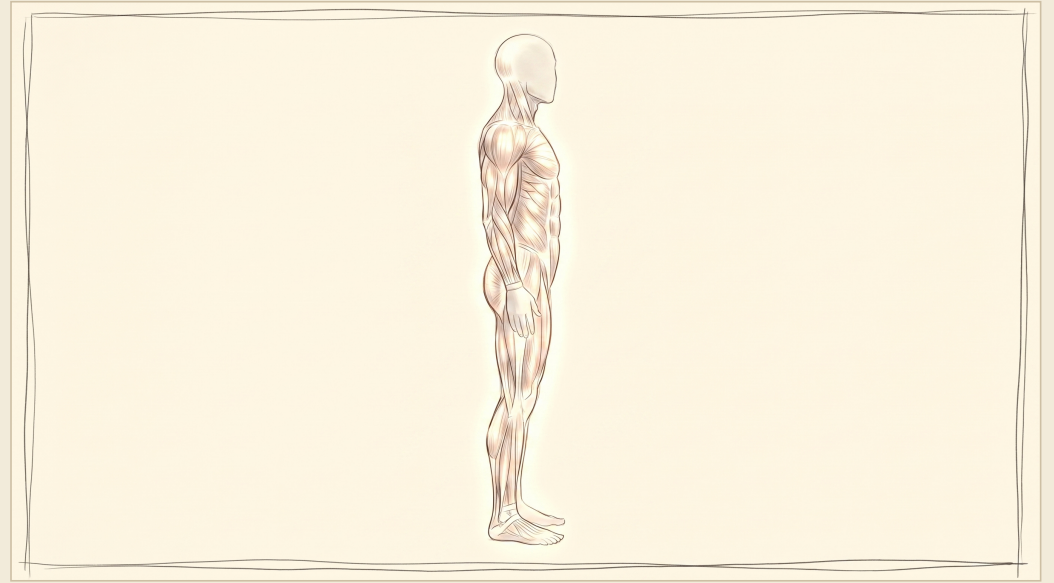
[6.4]



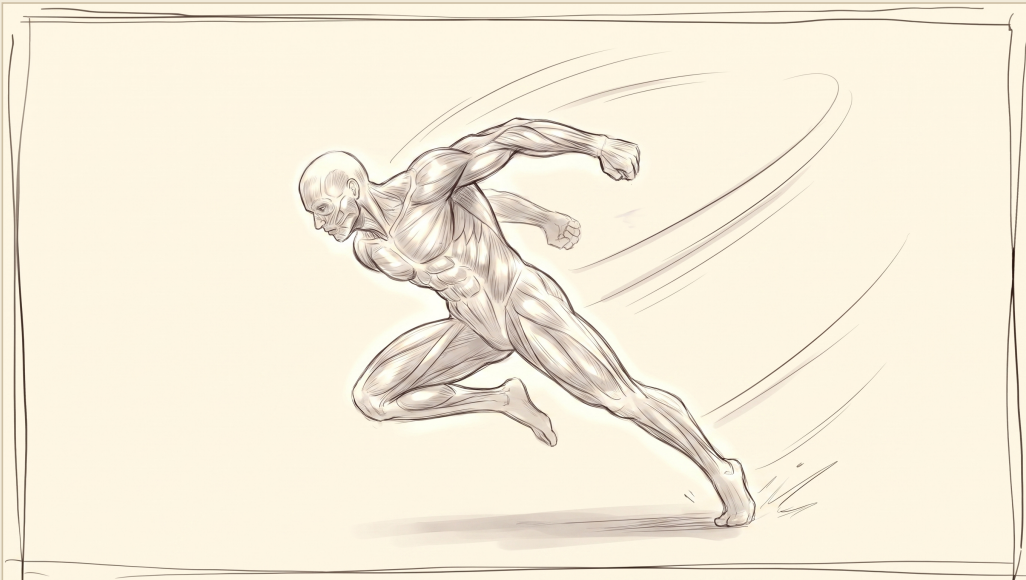
[6.5]



[6.6]



[6.7]



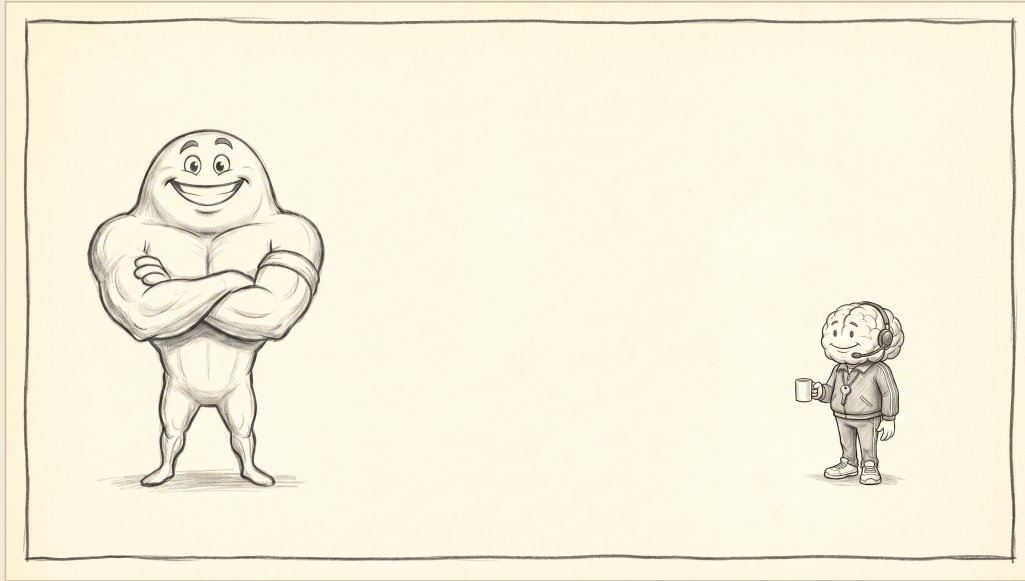
[6.8]



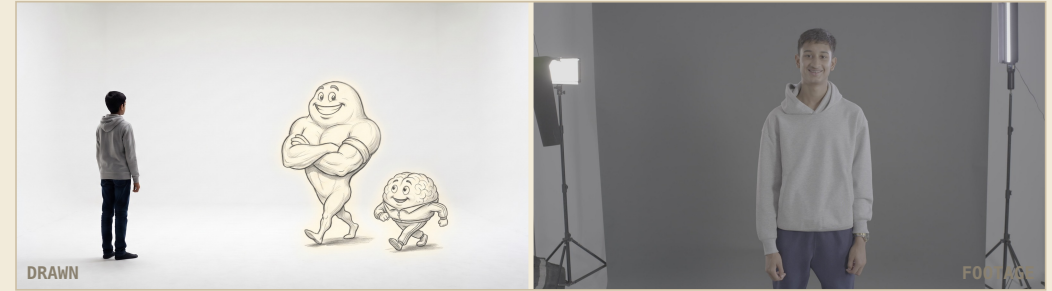
MANAN

"It didn't make new energy. It gave permission."

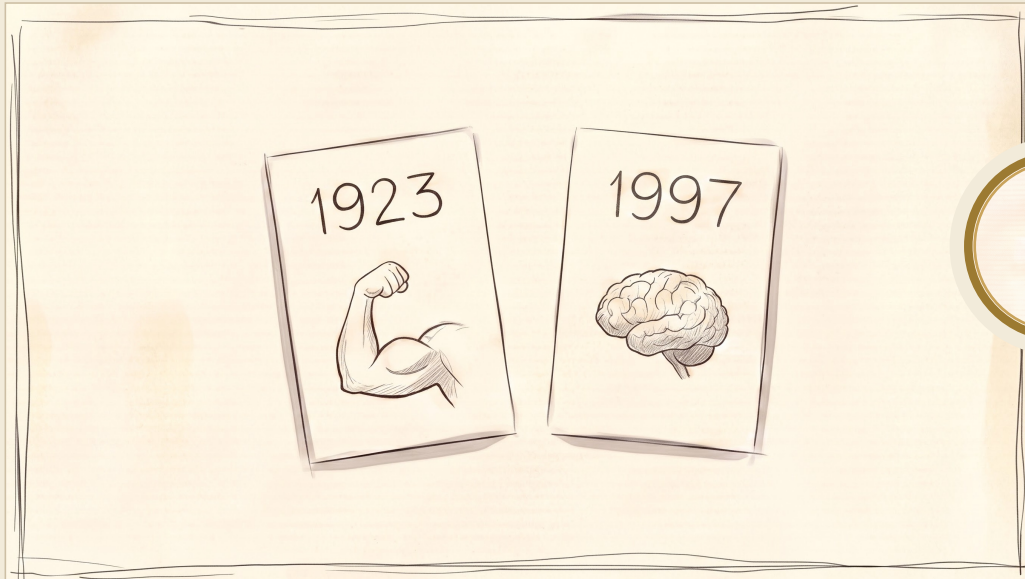
[7.1]



[7.2]



[7.3]



[8.1]



[8.2]



[8.3]



MANAN

"Next time somebody finds one last burst of speed,"

[8.4]



MANAN

"don't just wonder how strong their muscles are."

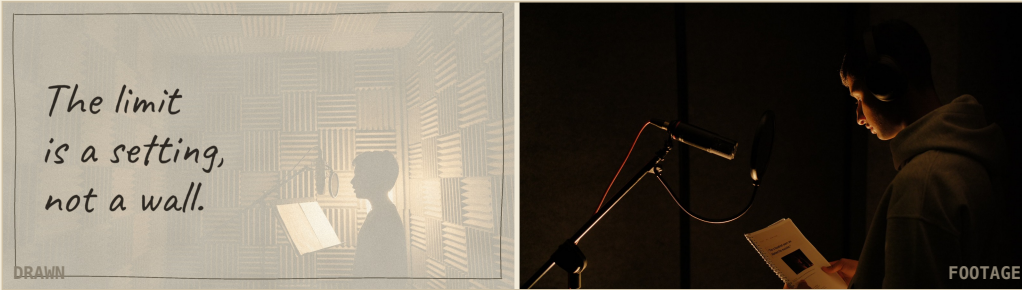
[8.5]



MANAN

"Wonder what their brain believed was safe."

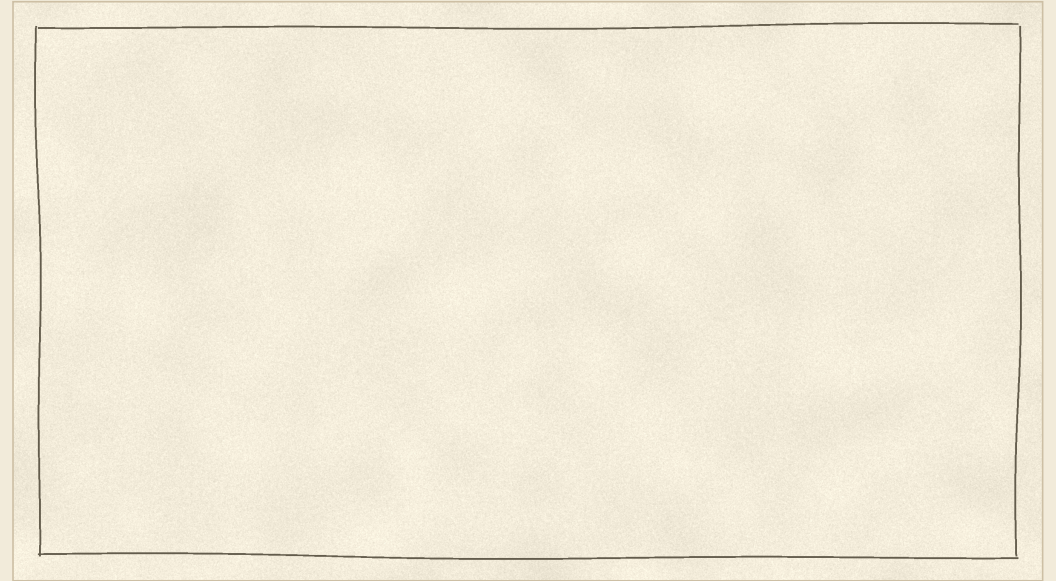
[8.6]



MANAN

"The limit is a setting, not a wall."

[8.7]



The limit is a setting, not a wall.