

As Seen In:



October 2009

NATALIE COUGHLIN OLYMPIC SWIMMER

Q: So-called “training devices” are quite popular among swimmers. Aside from the boring ol’ kickboard, what other gadgets are in your deck bag?

A: Hands down, my favorite training device is my H2O Audio Interval. It’s an underwater housing for the second generation iPod shuffle, so it allows me to bring my music into the water. Because of my hectic travel schedule and the fact that I train with a collegiate team (and I’m not in college), I often have to train by myself. Having my music keeps me company and has greatly improved my solo workouts.



TRAINING

No Water Necessary

BY ANNA GILK

After more than 12 Olympic Games in Beijing, Natalie Coughlin knows the feel of the water. She knows when to take a break and when to push through. She knows when to take a break and when to push through. She knows when to take a break and when to push through.

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