



## BEAT THE WINTER BLUES

By Tom Barry

Right about now is when we think back to the days of summer when we could leave work on time and still get in a three-hour ride or long run before the sun went down. Those were the good times, weren't they? We know that as the weather gets colder and the days get shorter, it can be harder to get out of bed for that early morning swim or head out to run in a headlamp before calling it a day. But it's not that you are any less motivated to train than you were during the summer. It's just that Mother Nature seems to be conspiring to make the idea of working out so much less appealing. In order to counter the temptation to kick back on the couch with some hot chocolate and a bag of chips (something that you can still do after training), we bring you five products designed to make your winter workouts more enticing and give you the incentive you need to get out the door.

### CW-X INSULATOR STABILITY-X

(\$120; [cw-x.com](http://cw-x.com))

**PREMISE:** CW-X's patented Support Web is designed to join together the muscles and ligaments of the lower leg in order to provide maximum stability and support in the core and knees. The compression tights reduce muscle vibration on runs in order to minimize fatigue and maximize efficiency, and both men's and women's models feature six reflective strips in case you are caught out on the road in the dark.

**TESTERS SAY:** Testers were universally impressed with the comfort and security of the Support Web, particularly around the knees and hips. Kailli reported that the Stability-X was "much more stable around the joint areas than other tights I've owned." Kathayoon had a similar reaction, saying "I've had some knee problems recently, but it wasn't an issue with these on my runs. Plus they look great!" Both testers were impressed with the style, but make sure to check the weather forecast prior to heading out on long runs. "While they were comfortable at 6 a.m.," Kathayoon said, "the Insulator model got pretty toasty when the temperature reached 55 degrees or so," making it a great cold-weather training tight.

**RATING:** 4.5



### H2O AUDIO INTERVAL 4G

(\$99; [h2oaudio.com](http://h2oaudio.com))

**PREMISE:** A great way to get in a rhythm or keep your mind busy, especially during those long pool swims, the Interval 4G is specifically designed to fit with the 4th generation iPod shuffle. The fully waterproof case attaches securely to almost any goggle to keep your spirits up in the pool, and it comes with integrated Surge 2G headphones.



**TESTERS SAY:** Putting the Interval 4G through his typical 3,000m morning workouts, Shane appreciated the musical accompaniment during his hour in the pool. "The case rests in the back of your goggles, so unless you are going for a major backstroke workout, you won't notice any difference in drag." For those in

warmer climates, testers reported that the Interval 4G held its own in the open water as well, and one intrepid soul even wore it surfing where "the case stayed nice and snug." The only complaint was that initial setup can be a bit confusing. "but after a few tries, it was quick work," Shane said.

**RATING:** 4.0

#### RATING KEY

1-5

1 = Lowest rating  
5 = Highest rating

