



QUESTION 26

IMPROVING PERFORMANCE

① The use of technology in training sessions has done wonders in modern times, with use of the computer and mechanical weights and things like that it has enabled the normal athlete to rise and to step up to that next level. Another example is the swim suit that the swimmers use today is like Thorpe. They are much more ~~aerodynamic~~ aerodynamic and help the swimmer just glide through the water. So overall the use of technology in training sessions is brilliant.