

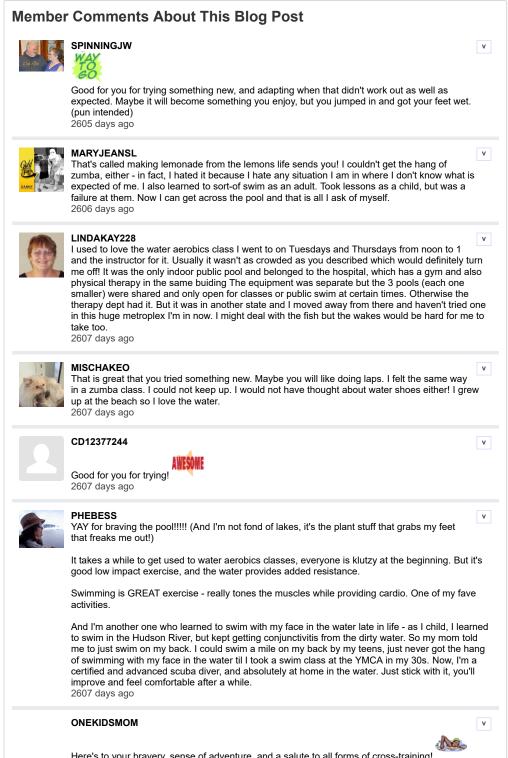
police would arrive to shut it down.

I alternated freestyle and breaststroke for 30 lengths (750 yards) and felt pretty good considering I hadn't swum a stroke in 3 years. I could tell that my recently rehabbed frozen left shoulder was weaker than my right. Maybe I'll try this once a week to strengthen it.

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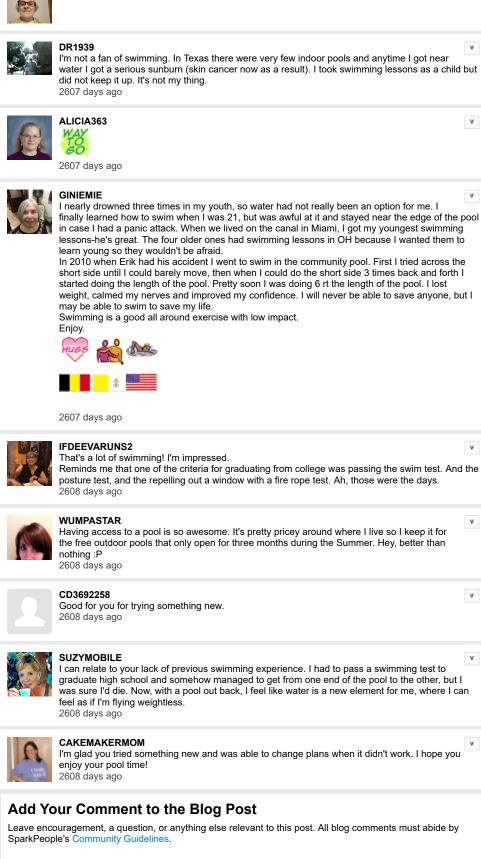
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Here's to your bravery, sense of adventure, and a salute to all forms of cross-training!





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