
Subject: Re: American men swimmers ftw
Posted by [CarrierII](#) on Mon, 18 Aug 2008 10:53:45 GMT
[View Forum Message](#) <> [Reply to Message](#)

Lactic acid only builds up if you respire anaerobically Blazer, if you're quite fit, and do light exercise, you won't get any.

But, swimming olympic length pools isn't light exercise.
