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Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2012

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2012 Training

Xtreme Dream Crew Steps Up....BIG TIME!!

Posted by Xtreme Dream Team on Jul 30, 2012 in 2012 Training, Blog | 1 comment

I am dumbfounded to learn that three of my Teammates have stepped up to donate ALL of the food provisions for the entire expedition. Nancy Jordan (driver for my personal escort boat Voyager) and Mick Kilgos (drummer extraordinaire and owner, Mick's Original Caribe Beans) have purchased nutritious meals for 55 (55!!!) crew members for our Cuba quest....a 4-day journey. Jennifer Connell, chef and owner of The Small Chef at Large Catering Company here in Key West, has prepped all the meals and is storing in her fridges until we are a Go. Jennifer here in the purple....Nancy...

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Take the Pressure Off

Posted by Xtreme Dream Team on Jul 23, 2012 in 2012 Training, Blog | 2 comments

I've come a long way in patience, perhaps wisdom, during the long and arduous and winding three years of emotions while chasing this Xtreme Dream. I've finally learned not to worry about the weather. Each time my inner monkey chatter starts in with "But we've been here 5 weeks, ready.....but I'm at my physical peak and what if that starts to fade as we wait.....what if we go deep into August.....", I take a deep breath and stop that useless inner dialogue. My time will come. I don't know when it will be. I can't control when it...

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Diana's Tweets



- Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal- Pamela Vaull Starr [about -1 years ago](#) from [HootSuite](#)
- The Xtreme Dream Crew steps up in a HUGE way. My teammates are amazing! <http://t.co/DETaN9sD> [about 37 minutes ago](#) from [HootSuite](#)
- "The Olympic Games set a stage for spectacular theater." Last night was no exception. [#London2012](#) <http://t.co/ho9ztiJO> 03:58:24 PM July 29, 2012 from web
- XTREME DREAM UPDATE: We are flirting with a possible window for the swim. <http://t.co/pOgbPteV> 11:20:02 PM July 27, 2012 from [HootSuite](#)

Peaking is Tricky

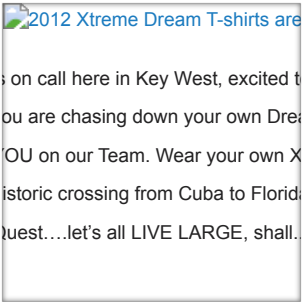
[21 captures](#) by Xtreme Dream Team on Jul 23, 2012 in 2012 Training, Blog | 4 comments
29 Mar 2012 – 23 Oct 2013

There's training. That's the hard part. Then there's peaking. That's the tricky part. It takes experience... and confidence.....to manage your energy, to capture the results of all your hard work, and to bring all the factors your sport requires together on the day you're going to ask your body to perform at its...

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2012 Xtreme Dream T-shirts are ready!

Posted by Xtreme Dream Team on Jul 23, 2012 in 2012 Training, Blog, Slider | 4 comments

2012 Xtreme Dream T-shirts are ready!

Dear Xtreme Dreamers, Here we go....the 2012 Xtreme Dream is on the near horizon! The expedition is on call here in Key West, excited to hear a calm seas weather forecast. When I hear from you that you are chasing down your own Dreams, checking in with me, rooting for me, my spirits soar! I want YOU on our Team. Wear your own Xtreme Dream shirt and show your support for our successful, historic crossing from Cuba to Florida. store.diananyad.com Thank you for championing my quest....let's all LIVE LARGE, shall.

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Response to Heat Drip Dialogue

Posted by Xtreme Dream Team on Jul 20, 2012 in 2012 Training, Blog | 40 comments

I actually do appreciate so many of you weighing in with your opinions on the Heat Drip action we are perhaps planning on using for moments of hypothermia on the way across from Cuba. When a dialogue is intelligent and thoughtful, it opens everybody's minds to discussion that moves us forward. Let me first say that I certainly hope that all of you out there know of my pedigree for many years in this sport. I have always upheld the highest ideals. It is the champions who achieve under the purest circumstances whom I respect.....and I have always, proudly, fallen into that category. I never...

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Prep for Hypothermia

Posted by Xtreme Dream Team on Jul 17, 2012 in 2012 Training, Blog | 19 comments

Hard to believe that you would ever feel cold in 86-degree water. But think about it. Let's say you were fresh. You run a bath. Maybe 104 degrees. You want to soak and read the newspaper. As soon as the water cools to your body temperature, and drops a degree or two below that, you reach for the hot water handle to heat the tub back up. So what if you've been swimming for two non-stop days. You've been spending thousands and thousands of calories, not able to replenish all of what you're burning by churning your muscles and creating a metabolic output. Now you are...

Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She's a beacon of hope to us all that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

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- Olympics Theater of Human Drama
- Take the Pressure Off
- Peaking is Tricky
- OLIVIA sponsors Xtreme Dream

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- Ginger on Olympics Theater of Human Drama
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29 Mar 2012 – 23 Oct 2013

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