



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

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Blog

Diana gives a swim clinic in Mexico

Posted by Xtreme Dream Team on May 11, 2012 in Blog | 3 comments

Diana giving a swim clinic at Club Med in Cancun, Mexico. The gay travel outfit Olivia brings Diana and Bonnie on their trips often to present their fitness company BravaBody.com Bonnie is prepping for knee surgery on Wed so Diana handled this one solo. Along with gym workouts and tips at the pool, Diana entertained the crowd with funny stories last night at the theater....and they gave her a long standing ovation and chanted her name when she told them she was going for Cuba ONE MORE...

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Diana's Speech to United Health Care

Posted by Xtreme Dream Team on May 11, 2012 in Blog | 1 comment

United Health Care had their annual national symposium in Palos Verdes, CA, today. I joined them as their keynote speaker. As I looked around the crowd, it seemed many were about my age.....and they were ready to soak up a message of trying our best to live lives of "No Regrets". One man told me his wife was just this morning diagnosed with breast cancer. He is of course making plans to get back to Chicago asap but he did hear my speech and said he was texting his wife all the way through, preparing for their fight, determined to live every day to its glorious fullest...

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Diana's Tweets



- Had to do this swim clinic solo but I had a great time. <http://t.co/3x5jPWC0> about 8 hours ago from HootSuite
- @geraldine_jippe Je ne pourrais pas être plus d'accord. What's your #XtremeDream? about 10 hours ago from HootSuitein reply to Geraldine_Jippe
- @sabrinarabarron It's great to see that months later people are still enjoying my @TEDMED talk. Do you have a favorite part? about 10 hours ago from HootSuitein reply to SabrinaBarron
- @spotlightrose The poem at the top of that website is great! about 10 hours ago from HootSuitein reply to SpotlightRose
- @brilliantbodies Loved this photo you posted on Facebook: <http://t.co/CqYcX0NW> about 10 hours ago from HootSuitein reply to brilliantbodies

End of 13 hours

[42 captures](#) by Xtreme Dream Team on May 7, 2012 in 2012 Training Blog | 2 comments
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About this capture

Bonnie narrates end of the first 13-hour session here in Mexico. Water about 82 degrees which was nice. Very bumpy day. Wavy all the way. That wasn't so nice. As I say, 60 is going to be unreal.....but even 13 isn't easy.

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First Day in Mexico—13 hours

Posted by Xtreme Dream Team on May 7, 2012 in 2012 Training Blog | 2 comments

Logic dictates that, if you're preparing for an event that's going to last some 60 or 70 continuous hours, then 13 hours would have to seem almost easy once you're in near-top form. But I'm here to tell you that 13 hours of non-stop swimming, especially in a fairly rough sea, is NEVER, EVER easy. It's a long grind of a day. I'm getting there, for sure. The muscles recover by the next morning. But the 13 hours themselves. NEVER, EVER...

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Got Ensure?

Posted by Xtreme Dream Team on May 7, 2012 in 2012 Training Blog | 2 comments

Ensure before my time...

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My Team's in Shape!

Posted by Xtreme Dream Team on May 6, 2012 in 2012 Training Blog | 1 comment

My Team's in Shape!

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that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

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- Got Ensure?

- Elizabeth on Diana gives a swim clinic in Mexico
- 13 hours
- Don Potter on Diana's Speech to United Health Care
- Ginger on Diana gives a swim clinic in Mexico
- Laura B. on Diana gives a swim clinic in Mexico

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