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

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2012 Training

Toughest Day of Year

Posted by Xtreme Dream Team on May 26, 2012 in 2012 Training, Blog | 7 comments

It's done. The last day of series swims (save the 24-hour early June as final prep for Cuba early July). The emotions flow hard when you take that last stroke, after so many hard, long hours. I had every intention of completing this Xtreme Dream of Cuba in the summer of 2010. Yet here I am, similar to many expedition members, having learned the hard way that many of these huge Mother Nature quests don't end in success the first or second time out. Starting this season's tough ocean swims, I could barely wrap my mind around a third year. But, truthfully, this was the easiest...

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End of 13 hours

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

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

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Diana's Tweets



- Profile in [@ELLEmagazine](#): The Hunger by Rivka Galchen <http://t.co/pOr2ZTjE> Check out the nice photo of Christi Barli as their main spread [about -1 years ago](#) from [HootSuite](#)
- [@sanjayguptaCNN](#) and I got to catch up the other night - not the best picture but always nice to see a friend <http://t.co/XJpxdw75> [about 3 hours ago](#) from [HootSuite](#) [reply to sanjayguptaCNN](#)
- With good friend Sanjay Gupta & Sports Med conf peeps in SF....my plan for ALL of us to March Forth every March 4 toward our Dreams.... [about 4 hours ago](#) from [Twitter for iPhone](#)
- [@cnnfitnation](#) Thanks for all your support! [about 5 hours ago](#) from [HootSuite](#) [reply to CNNFitNation](#)
- RT [@cnnfitnation](#): Listening to [@diananyad](#) makes us relive the [#XtremeDream](#). Thanks for reminding

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

us to live life to the fullest, Diana! [about](#)
5 hours ago from [HootSuite](#)

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 [21 captures](#) 29 Mar 2012 - 23 Oct 2013 on-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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Meet Rogerio and Eric

Posted by Xtreme Dream Team on May 4, 2012 in 2012 Training, Blog | 3 comments

These two local dive-boatmen in Puerto Morelos are in charge of my safety and decisions as to where we train while here in Mexico. It's a bit tricky, in that the Yucatan Channel flows at a fierce speed to the North. Closer to shore, where the currents are not so strong, there's a long, long reef and when it's wavy, it's dangerous to swim too close to it, in fear of being thrown up onto the sharp coral. Now, it's certainly not the same as being with my close friends Mark and Angie Sollinger who run my training camp in St Maarten. That's family....along...

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

▪ With my friend Sanjay Gupta at ACSM Conference in San Francisco

- Profile in Elle Magazine: The Hunger by Rivka Galchen
- Toughest Day of Year
- Diana gives a swim clinic in Mexico
- Diana's Speech to United Health Care

▪ Jeanette on Toughest Day of Year

- Laura B. on Profile in Elle Magazine: The Hunger by Rivka Galchen
- Carolyn Kalmus on Toughest Day of Year
- Kerry Ann Murphy on Toughest Day of Year

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