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

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2012 Training

Like A Metronome

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

I don't like to know how much time has elapsed. Too depressing. But truth is, even though I don't wear a watch and can't see a clock at any time during these long hours, there's an inner clock, working like a metronome. I'm not at any time too far from knowing the precise minute, just by instinct.

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Mark & Fred Pass the Time

Posted by Xtreme Dream Team on Apr 9, 2012 in 2012 Training, Blog | 2 comments

I know it's an awful long, tedious day for me, these training swims that start at dawn, finish at twilight....and are about to get even longer than that. And I feel for Bonnie and Mark and Fred and anybody who's on the boat during these slow-going hours all day long, too. I wonder how they pass their time, aside from guiding and taking care of me..... well now I...

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The Core Team

Posted by Xtreme Dream Team on Apr 4, 2012 in 2012 Training, Blog | 1 comment

Archives

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Diana's Tweets



- RT @openwatersource: The USA Swimming national open water swimming men's cham\$ionships are being broadcast live 07:58:14 PM April 27, 2012 from HootSuite
- @36laps Those sound awesome! Definitely take some pics when you go. 06:35:16 PM April 27, 2012 from HootSuitein reply to 36laps
- @cacambo43 Paddle boarding sounds fun! Good luck, hope you can grow to love the water. 06:34:47 PM April 27, 2012 from HootSuitein reply to cacambo43
- RT @teresafritschi I gave diana a @klout +K in Health TY4 help w/the #bees.No bees,no food. All PLZ! sign 2 save #bees! http://t.co/yPbaHeRF 06:33:16 PM April 27, 2012 from HootSuite
- One of our Xtreme Dreamers was inspired to Walk Across Ohio. What have you been inspired to do?

It's been a HIGHLY productive week with the Core Team all here in St Maarten with me. We will grow to an expedition of perhaps 35 individuals by the time we reach Cuba this summer (Shark Team, Medical Team, et al) but there are four of us who are tackling all the myriad of issues to be addressed. Mark

Sollinger is our Ops Chief, head of developing and deploying all Operations, from A to Z. John Bartlett is [21 captures](#) 29 Mar 2012 - 23 Oct 2013
To swim 103 miles is daunting enough. But this particular body of water, between Cuba and Florida, has a huge obstacle in that the powerful Gulf Stream is tugging...

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Swimmer-Handler Dynamic

Posted by Xtreme Dream Team on Apr 4, 2012 in 2012 Training, Blog | 0 comments

The swimmer/handler dynamic is intimate. Perhaps it's akin to a boxer and his/her corner man/woman. When I come to the side of the boat every 90 mins for skin treatment, drink & food, whatever I need, we also discuss every micro and macro issue that needs to be solved. This day Bonnie and I are talking about the new stroke I've developed to take pressure off the shoulders yet now switches that pressure onto the biceps. Bonnie has tremendous instincts, being an athlete herself (one of the best professional racquetball players on the circuit of the 1980's), as to what...

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2nd Graders Visit Training

Posted by Xtreme Dream Team on Apr 4, 2012 in 2012 Training, Blog | 2 comments

2nd Graders on a field trip stop by our 10-hour session. They swooped in on their catamaran just as I was stopping for a feeding so Bonnie and I told them a few things about how we go about eating and drinking. They were very curious and wished me hearty good luck as they resumed their outing. Then Bonnie dabbed me with some non-chafing lanolin and off we went for the rest of the afternoon. I stop every 90 minutes or so for some hydration and energy boost nutrition. I can't tell you how much I look forward to talking to Bonnie and Mark and Fred, sharing some ideas, some fun stories....

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Bonnie's Back: Xtreme Dream 2012 Training

Posted by Xtreme Dream Team on Apr 2, 2012 in 2012 Training, Blog | 4 comments

Bonnie Stoll, my best friend and Head Handler, is back in the groove. I've already done a few long ocean hauls down in St Maarten but Bonnie's here now as the hours escalate. Such a comfort and a motivator to me.....she empathizes when I'm in pain and helps me through it with kid gloves (tough love never works on me) and she somehow thinks of psychological tactics she knows will work for me to make it to the end. This particular sunrise we are heading out for 12 tough...

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<http://t.co/axhNiRZp> 02:03:45 PM April 27, 2012 from HootSuite

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About this capture

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."

- Like A Metronome
- Whistle
- A belated Happy Passover and Easter
- Mark & Fred Pass the Time
- The Core Team

- Laura B. on Like A Metronome
- sullynyc on Like A Metronome
- Sally Henshaw on Training in Saint Maarten: Simpson Bay Lagoon
- Joanne on Whistle
- Laura B. on Whistle

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