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Diana Nyad Xtreme Dream

103 miles. Cuba to Florida. Summer 2012

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Paddles in the Water

Posted by Xtreme Dream Team on Mar 19, 2012 in 2012 Training, Blog | 1 comment

Diana is in Saint Marteen training for her 2012 Xtreme Dream swim from Cuba to Florida this summer. So many challenges will be waiting for her: weather, currents, jellyfish and a million unknown factors as well. One thing she has full control over is her own physical and mental conditioning. As her training progresses towards Cuba, she's reporting back to us on her progress. One critical component of swimming 100+ miles are the "paddles" that will propel her forward. Her hands, while not the dolphin size flippers on Michael Phelps, are more than up to the challenge. For 60+...

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Diana's Tweets



- These long hours of training have straightened my hands, almost like paddles. <http://t.co/tNuK3oVM> Maybe I'll be a hand model after the swim [about 7 hours ago](#) from [HootSuite](#)
- [@marcposner](#) Its a great honor to be able to inspire so many people from all around the world and different walks of life. [about 10 hours ago](#) from [HootSuite](#) [reply to marcposner](#)
- [@actressmbonilla](#) Thanks for the FF mention. Hope you had a great weekend. [about 10 hours ago](#) from [HootSuite](#) [reply to actressmbonilla](#)
- [@itsemerk](#) How did your first bike ride go on sunday? [about 10 hours ago](#) from [HootSuite](#) [reply to itsEmeryK](#)
- [@jesusmontero](#) Beautiful!! Thanks! [about 10 hours ago](#) from [HootSuite](#) [reply to jesusmontero](#)

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is more than a swimmer.
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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- ABC World News with Diane Sawyer
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