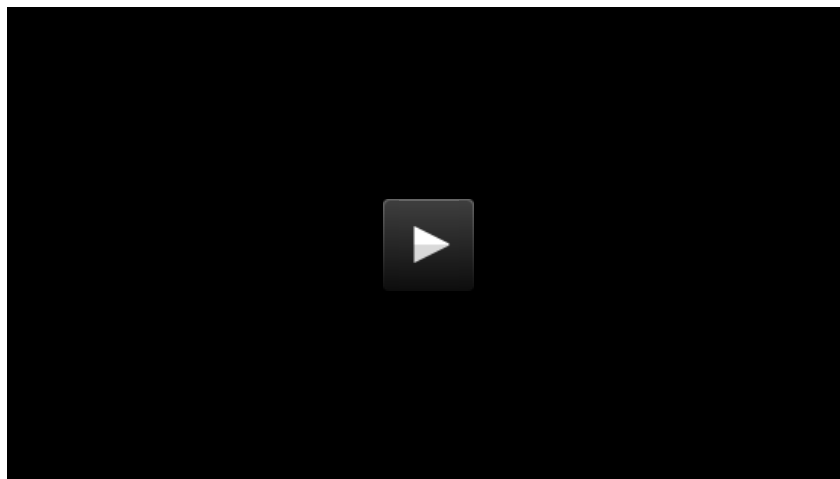




AUG 19

Posted 4:22pm

Singing Songs



video Gunnar Schrade

Sunday 3:20pm EST 23:37 Swim time

Diana is currently swimming strongly at the same pace, at 23.92 statute miles. Approaching 24 hours into the swim, she is singing songs and counting (to herself of course), two well-practiced techniques for getting through each day, then each night, dividing them into manageable pieces. She's used these rhythmic methods on training swims in preparation for the big swim, both last year and this year. It's significant that she is able to employ them now because during both attempts last summer she was under such duress throughout that she could not. It's a good sign when the swimmer is singing.



Diana singing The Beatles

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6 captures

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