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About this capture



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Diana Nyad Xtreme Dream

103 miles. Cuba to Florida. Summer 2012

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Take the Pressure Off

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

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I've come a long way in patience, perhaps wisdom, during the long and arduous and winding three years of emotions while chasing this Xtreme Dream.

I've finally learned not to worry about the weather. Each time my inner monkey chatter starts in with "But we've been here 5 weeks, ready.....but I'm at my physical peak and what if that starts to fade as we wait.....what if we go deep into August.....", I take a deep breath and stop that useless inner dialogue.

My time will come. I don't know when it will be. I can't control when it will be. But it will come. What I need to do now is to train during this final taper period, make sure every detail of the expedition is buttoned down, keep a tight communications stream with my core team, stay calm and focused.

And it helps to get outside myself, take a little pressure off, with real life here in Key West. Was out for a stroll last night and came across this local character.



Archives

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Diana's Tweets



- XTREME DREAM UPDATE: We are flirting with a possible window for the swim. <http://t.co/pOgbPteV> 11:20:02 PM July 27, 2012 from HootSuite
- Sky high excited about Games.doubt Open Ceremonies can top Beijing...but the swim & track going to be awesome 10:15:20 PM July 27, 2012 from Twitter for iPhone
- @SecretDeodorant Kudos to my Fearless Secret sisters!!! 10:12:55 PM July 27, 2012 from Twitter for iPhonein reply to SecretDeodorant
- @ItsmeTreee I'm flattered..thnx so much 10:12:10 PM July 27, 2012 from Twitter for iPhonein reply to ItsmeTreee
- @julielerman OMG!! Was ak-l-mak prettiest place on Earth? 10:11:21 PM July 27, 2012 from Twitter for iPhonein reply to julielerman

2 Comments

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29 Jul 2012



Ginger

Almost makes me want a bird. I am teaching my golden retriever to say Roll Tide.
What could be better!!!

Reply



hey that bird has your laugh!!

Your message...

July 26, 2012

Reply

Leave a Comment

Name

Mail (will not be published)

Website

Your message...

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a is more than a swimmer.
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."

- Take the Pressure Off
- Peaking is Tricky
- OLIVIA sponsors Xtreme Dream
- America's Greatest Olympian
Won't be in London
- 2012 Xtreme Dream T-shirts are
ready!

- Mary Watts on Response to
Heat Drip Dialogue
- non-simmering swimmer on
Response to Heat Drip Dialogue
- will be well protected and safe!
Now, if those storms will go
away it would seem all systems
go! You rock girlfriend!ra B. on
Peaking is Tricky
- Awesome Diana! Sounds lik you
will be well protected and safe!
Now, if those storms will go
away it would seem all systems
go! You rock girlfriend!ra B. on
Peaking is Tricky
- hey that bird has your laugh!! on
Take the Pressure Off

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