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1 capture

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Diana Nyad Xtreme Dream

103 miles. Cuba to Florida. Summer 2012

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Home » 2012 Training » Peaking is Tricky

Peaking is Tricky

Posted by Xtreme Dream Team on Jul 23, 2012 in 2012 Training, Blog | 4 comments

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There's training. That's the hard part.

Then there's peaking. That's the tricky part.

Archives

Select Month



Diana's Tweets



- The answer for protective swimwear. PANTYHOSE. <http://t.co/XxQMYYquF> about 1 hour ago from HootSuite
- @tiffztweetz Hi Tiff - was swimming all day and just saw this. Still possible? Can you DM the details? Sorry didn't respond sooner. about 2 hours ago from HootSuitein reply to TiffZTweetZ
- Bonnie and I have been stymied as to what to wear to protect the face. But yesterday we FINALLY came upon the answer! <http://t.co/jYeFoe6j> about 8 hours ago from HootSuite
- @freddieb23 They're jellyfish stings. about 8 hours ago from HootSuitein reply to FreddieB23
- @littlerichchick Between bad currents, jellyfish stings, and asthma, I was unable to continue last year's swim. This time we are prepared! 03:35:11 PM August 01, 2012 from HootSuitein reply to littlerichchick



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It takes experience...and confidence.....to manage your energy, to capture the results of all your hard work, and to bring all the factors your sport requires together on the day you're going to ask your body to perform at its peak.



4 Comments



I would imagine it is treaky after seeing your video. You think your ready because you stay in shape but that isn't necesarily so! Tom Shackelford from Cumberland, RI

July 24, 2012

Your message...

Reply



Sunniva Sorby

July 24, 2012

I am so inspired by YOU and what you are doing. I love you lessons and perspectives- thank you! I wish the wind to be at your back and the wind to be in your sails...so to speak. I am there to follow, support and encourage every step of the way- virtually and otherwise. I am sharing you and your story with all of my friends! Thank you!

Reply



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. July 26, 2012

You look so wonderful and sound very up beat! Your moment will come and you will show all who doubt you just how strong, brave and human you are! Show them all how it's done Diana! You are a hero to us all, ONWARD!

Reply



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.

July 26, 2012

Sorry, the word should be HUMANE – after all that was said
about your plastic warm water drip, I thought you Diana kept
your class and dignity – the mark of a true champion if ever

there was one! Forgive the typo.

Reply

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Your message...

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[1 capture](#)

3 Aug 2012

Dream

[1 capture](#)
3 Aug 2012

...a is more than a swimmer.
...is 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."

- Pantyhose the ANSWER
- Jellyfish Suit
- Xtreme Dream Crew Steps Up....BIG TIME!!
- Olympics Theater of Human Drama
- Take the Pressure Off

- Lee on 2012 Xtreme Dream T-shirts are ready!
- ANSWER
- Chris Baring on Jellyfish Suit
- Jean golden on Jellyfish Suit
- Andy on Prep for Hypothermia

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2011

2012

2013

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About this capture

Archives

- August 2012 (1)
- July 2012 (17)
- June 2012 (13)
- May 2012 (14)
- April 2012 (12)
- March 2012 (21)
- February 2012 (7)
- January 2012 (9)
- December 2011 (7)
- November 2011 (1)
- October 2011 (17)
- September 2011 (43)
- August 2011 (36)
- July 2011 (20)
- June 2011 (11)
- May 2011 (15)
- April 2011 (4)
- March 2011 (2)
- February 2011 (1)
- January 2011 (2)
- October 2010 (3)
- September 2010 (7)
- August 2010 (14)
- July 2010 (13)