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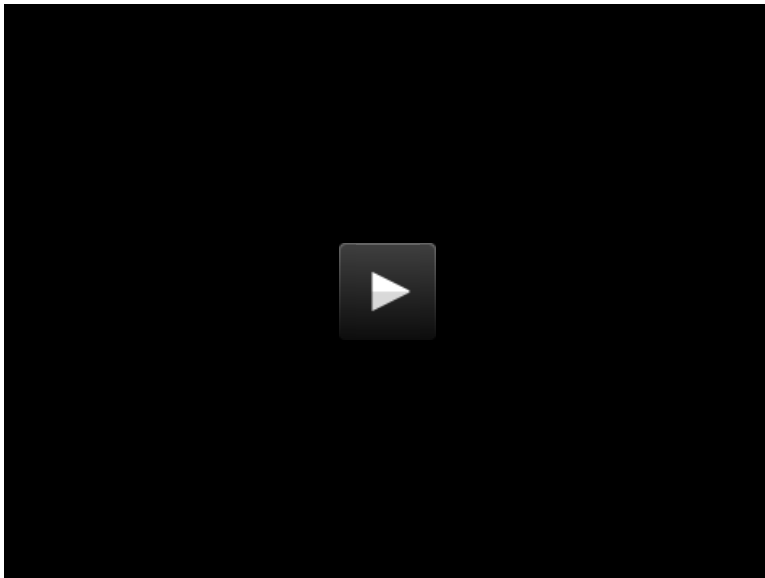
Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2012

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Toughest Day of Year

Posted by Xtreme Dream Team on May 26, 2012 in 2012 Training, Blog | 8 comments



It's done. The last day of series swims (save the 24-hour early June as final prep for Cuba early July). The emotions flow hard when you take that last stroke, after so many hard, long hours.

I had every intention of completing this Xtreme Dream of Cuba in the summer of 2010. Yet here I am, similar to many expedition members, having learned the hard way that many of these huge Mother Nature quests don't end in success the first or second time out.

Starting this season's tough ocean swims, I could barely wrap my mind around a third year. But, truthfully, this was the easiest year of training. The foundation laid is so deep and strong. The mental strength is also up a notch.

So perhaps it was only fitting that this week's 14 hours in Mexico were the roughest seas I faced all year. We hit 6 to 7 foot swells and were just pitching and fighting all day long. I admit I was sick as a

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Diana's Tweets



- One of my inspirations, [@patsummitt](#) received an amazing honor this week from [@BarackObama](#). How awesome! <http://t.co/bZ2BpHn9> 05:48:59 PM June 01, 2012 from HootSuite
- [@jodeanpetersen](#) Love your slogan. Gonna post that on Facebook today as my motivation quote for the weekend. Keep on movin ONWARD girl! 04:45:49 PM June 01, 2012 from HootSuitein reply to jodeanpetersen
- [@MattCNN](#) [@roniselig](#) [@sanjayguptaCNN](#) They are the [@CNN](#) team following my story. Now they are a part of the story! <http://t.co/asjaRtNa> 02:53:02 PM June 01, 2012 from HootSuitein reply to MattCNN
- [@mattcnn](#) It was great seeing you as well! Looking forward to the 2012 Swim with you guys. 01:47:42 PM June 01, 2012 from HootSuitein reply to MattCNN

dog, from the rolling and the salt water intake, for several hours, both in the water and later.

But now it's done. At long last, the Dream awaits me.

- [@teresafritschi](#) Yea soda is definitely not a good choice, especially for kids. You should trick them with flavored

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Ginger

May 26, 2012

Bravo! Brava! Amazing to watch. You seem to be such a fluid part of the water. I feel a rush of emotions when I think about your commitment and suffering and single-mindedness. Very touching and inspiring. Reminds me of an Ellen Degeneress quote: My grandmother started walking when she was 83. She's 97 now and we don't know where the he'll she is.

Reply



Kerry Ann Murphy

May 29, 2012

Way to go Diana, just thrilling to watch you go!! Are you not afraid of sharks? I am sure your team takes all precautions but please stay safe!! Wishing you calm seas for your dream quest in July and I know your going to make it this time!! 3rd times a charm. I, like many million others will be cheering you on from a distance, I from Canada (home of ice and snow and cute polar bears lol) will be glued to the news. ~HUGS~ Kerryann

Reply



Rich Hennessey

May 26, 2012

Diana...the way you cut through those large swells is amazing! To me you look stronger than ever. I believe you will do it this time. Good for you for sticking with your dream. I will be praying and rooting for your success.

Reply



Laura B.

May 28, 2012

Diana, you really are living up to your name: Nyad, as I'm certain you know means water nymph! Very fitting, you look so comfortable and at ease in the rough ocean, seven foot swells, just awesome! I will be cheering you on, as always! Take good care of yourself!

Reply



Carolyn Kalmus

May 29, 2012

You remain such an inspiration to so many of us "seniors". Thoughts and prayers for you/with you as the date of your big swim draws nearer. xoxo

Reply



jean golden

Oh, Diana. Our hearts and thoughts are with you.

May 29, 2012

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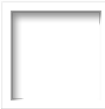


Jeanette

May 29, 2012

You have inspired me to do a 5 mile swim. I will be the very last person to finish the race. I don't care....it's all about the dream! I'll be cheering you on! You Drive Dreams!!

Reply



4efrswm

June 3, 2012

Last time the warm flat water brought the jellys to the surface. You need conditions a little rough to keep them down in deeper water. Good luck! You are an inspiration to us all young and old alike. Swim to 100.

Reply

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Diana Nyad's Xtreme

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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."

▪ Jon Hennessey: Xtreme Dream
Team Member

- Honoree Pat Summitt
- CNN Behind the Scenes
 - Dr. Sanjay Gupta interviews Dr. Robert Lustig at the ACSM Conference
 - With my friend Sanjay Gupta at ACSM Conference in San Francisco

▪ 4efrswm on Toughest Day of
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- Dream 2012 is ON!
- Laura B. on Dr. Sanjay Gupta interviews Dr. Robert Lustig at the ACSM Conference
 - Jeanette on Toughest Day of Year
 - jean golden on Toughest Day of Year

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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian