



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

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Bonnie's Back: Xtreme Dream 2012 Training

Posted by Xtreme Dream Team on Apr 2, 2012 in 2012 Training, Blog | 4 comments

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Bonnie Stoll, my best friend and Head Handler, is back in the groove. I've already done a few long ocean hauls down in St Maarten but Bonnie's here now as the hours escalate.



photo by Christi Barli

Such a comfort and a motivator to me.....she empathizes when I'm in pain and helps me through it with kid gloves (tough love never works on me) and she somehow thinks of psychological tactics she knows will work for me to make it to the

end.

Archives

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Diana's Tweets



- Break out the sombreros, we're in the perfect spot for Cinco De Mayo!
<http://t.co/3zd1eaYJ> 03:55:06 PM May 05, 2012 from HootSuite
- Maybe the recipe for Olympic Gold is just more fun? See what this article says about how to get the gold.
<http://t.co/nmq1Jmsk> 02:50:06 PM May 05, 2012 from HootSuite
- Meet Rogerio and Eric who are in charge of my safety and decisions as to where we train while here in Mexico.
<http://t.co/oJo4Si1Z> 08:10:08 PM May 04, 2012 from HootSuite
- @kikicontessa It sure does! What's your best way to handle a rough day?
06:45:19 PM May 04, 2012 from HootSuite in reply to kikicontessa
- @starducks24 Ha, thanks! We were hurtin' but getting through it with laughs. That's the only way, right? 05:33:06 PM

This particular sunrise we are heading out for 12 tough hours.

May 04, 2012 from [HootSuite](#) in reply to [starducks24](#)



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6 Apr 2012 – 7 Jun 2012

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4 Comments



Ginger

April 2, 2012

I just love Bonnie and I don't even know her!!! What a dear person. She looks like she is all business and ready to do her job. Hope the training went well today. 12 hours!!!! I just can't wrap my head around that.

Reply



robert

April 4, 2012

12 hours? just another day , right? We are "ALL IN" (the motto the NY Giants used on their Super Bowl run this past season) with Diana and her team

Reply



Lynne Wiggers

April 4, 2012

Hi Bonnie and Diane!

I will send energy every day to you both. It is as much work for the trainer at times as for the athlete, in different ways. It takes the two of you to make that intrinsic core as One Whole and then you add in all the others. Warm, happy wishes to you both and to your entire Crew!

Lynne

Reply



Ian

April 4, 2012

Thanks for the video update, I look forward to seeing more!

Reply

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Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She'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."

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- Meet Rogerio and Eric
- Mexico Training: After swimming 13 hours
- Training in Mexico This Week
- Like A Metronome

Recent Comments

- Theodore Yach on My Team's in Shape!
- Swimming Vacation on Mexico Training: After swimming 13 hours
- Laura B. on Meet Rogerio and Eric
- Ginger on Mexico Training: After swimming 13 hours
- Kathe on Meet Rogerio and Eric

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