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7 Apr 2012 - 8 Apr 2012

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30 Mins to Go

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



Here we are 30 mins before end of the first 10-hour swim of the season.

If the series of 8-hour swims seemed short...ALMOST easy.....this day was LONG, LONG, LONG!

Storms came through, making for a lot of bothersome surface chop. Somehow 10 hours seem exponentially longer than 8, not

just the measured 2 hours longer. Tougher mentally.

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Diana's Tweets



- We're doing great over here. See for yourself! <http://t.co/PosLocnP> about 9 hours ago from HootSuite
- @starducks24 That's great to hear! Do you feel more energized at work now? 11:25:02 PM April 06, 2012 from HootSuitein reply to starducks24
- Bonnie is such a huge help! She knows just what I need. <http://t.co/LqQ2KC6R> 08:25:04 PM April 06, 2012 from HootSuite
- What an honor to be received so kindly by such a great group of people. Talk about #motivation! <http://t.co/wCmZw7bL> 08:10:12 PM April 06, 2012 from HootSuite
- See what happens when you have such an outstanding team beside you?! <http://t.co/anEVtKdx> 05:11:48 PM April 06, 2012 from HootSuite

Mark mentions in this video that I tried some pasta. It was both Mark's wife Angie and a sports med doc from South Africa who strongly suggested I mix in some real food....when all the electrolyte drinks and compressed goos start to bring nausea along. I ate several forkfuls of Angie's shrimp in a pasta cream sauce at the 6 1/2 hour stop yesterday and, HALLELUJAH, my upset stomach felt instantly better. And it was a relief to see Mark and Fred on the boat that I was much stronger the next 90 mins.

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7 Apr 2012 - 8 Apr 2012

I've also changed my stroke a bit this year, to protect the shoulders and the heavy burden of work they go through. Back in the '70's, I was like a metronome at 60 strokes a minute. The last two years, after not swimming for 30 years and experiencing some minor shoulder tissue tears, I created a new stroke that was about 56 strokes per minute. This year I'm even going what I call "longer and stronger", pressing harder under water throughout the stroke and keeping the hands in the water longer on each stroke. So now the cadence is about 53 strokes per minute. Yet I'm swimming just a tad faster than last year. Seems right.



2 Comments



Hadar

April 5, 2012

Glad you're lengthening your stroke; it sounds like a better way to go, and apparently you travel enough per stroke to compensate for the drop in stroke rate. Keep up keeping up! You're my hero!

Reply



Ginger

April 5, 2012

I have a friend who runs 100 mile races. She drinks milk during the race. Says it really calms her stomach. I wonder if the cream helped you? Glad you found something that did help.

Reply

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About this capture

Diana Nyad's Xtreme

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"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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- 2nd Graders Visit Training
- Bonnie's Back: Xtreme Dream 2012 Training
- Connecting with the folks at Lifespan

- Michinstant on One Month Later
- Sam the Cheerleader!!! on 2nd Graders Visit Training
- Ginger on 30 Mins to Go
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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian