

<http://diananyad.com/training-in-st-marteen-morning-start/>

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Diana Nyad Xtreme Dream

103 miles. Cuba to Florida. Summer 2012

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Training in St. Marteen: Morning Start

Posted by Xtreme Dream Team on Mar 27, 2012 in 2012 Training, Blog | 4 comments



If I were swimming off a beach for training, I would just walk in and start. But since we're now training in Simpson Bay, and will soon move to the ocean but still start in the Bay, we head out of a marina on the French Side for a few minutes and I jump in off our small escort boat.

Archives

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Diana's Tweets



- [@carlenebyroncom](#) I'm glad I managed to inspire someone. Remember, pain is temporary! [about 3 hours ago](#) from [HootSuite](#) in reply to [CarleneByronCom](#)
- [@mrcleome](#) Thats the message I hope to give, no matter your age you can do what you set your mind to! Thanks for listening! [about 5 hours ago](#) from [HootSuite](#) in reply to [mrcleome](#)
- See how something so simple can be so helpful! <http://t.co/yTvrpdYU> [about 6 hours ago](#) from [HootSuite](#)
- [@mariabhancok](#) Thanks for listening! I hope you enjoyed it! :) [about 8 hours ago](#) from [HootSuite](#) in reply to [MariaBHancock](#)
- [#XtremeDream](#) 2012 Update: Training in the Simpson Bay Lagoon ~ 10 hour swims with water only 78 degrees <http://t.co/dEebu3IW> [about 11 hours ago](#) from [HootSuite](#)

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4 Comments



Fabian

Hey Diana,

you have set the video to "private" – we can't watch it...

Fabian

March 27, 2012

Reply



Jean Golden

Hope it went well, sweetie.

March 27, 2012

Reply



Go for it, you are so inspiring.

I am 62 and hit the pool several times a week for laps!!

When i get tired, i think of you out there and feels inspired to keep swimming. it has done wonders for my health.

March 27, 2012

Reply



Ian

You are so amazing!

March 28, 2012

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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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- Training in Saint Maarten: Simpson Bay Lagoon
- A Celebration of Aging with Lifespan in Rochester
- Training in St. Marteen: Morning Start
- Mark Sollinger, My Close Friend & Xtreme Dream Ops Chief

Recent Comments

- Ginger on The Pole: Xtreme Dream 2012 Training in St. Maarten
- Dick from Rochester on A Celebration of Aging with Lifespan in Rochester
- Laura B. on Training in Saint Maarten: Simpson Bay Lagoon
- Ginger on A Celebration of Aging with Lifespan in Rochester
- Pat Ward-Baker on A Celebration of Aging with Lifespan in Rochester

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