

http://diananyad.com/before-the-swim/

Go

AUG

SEP

OCT

24

2010

2011

2012

About this capture

[10 captures](#)

24 Sep 2011 - 27 Dec 2011



Search this site...

Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2011

HOME STORE SUPPORT THE DREAM! JOIN THE CONVERSATION ABOUT DIANA BLOG BRAVABODY PARTNERS SUPPORT THE DREAM » CONTACT

Home » Blog » Before The Swim

Before The Swim

Posted by Xtreme Dream Team on Sep 23, 2011 in Blog | 22 comments



Diana arrived in Cuba a day before the escort boats. So how did she anticipate spending her time before the swim?

"I'm going to be happy to know it's happening and that I won't be waiting around hoping for a weather window. (That was the real torture last year.) I'll have 24 hours in Cuba before the swim, one night's sleep and two meals. The night before the swim, for the first time I'm going to count up all the hours I've spent in training. I've been keeping a log of my training swims since the fall of 2009 through this summer of 2011, and I'm going to go through it and count them all up. I trained when I felt like it and when I didn't feel like it, getting up in the middle of the night to do it, eating when I didn't feel like eating, I did it anyway. I don't know how many times I celebrated the last training swim, thinking, this is it. Now it seems my training really is over. This is my last swim. So I'm going to count up those training hours the night before.

Then during the swim if I run into trouble, I'm going to say to myself, don't you ever forget all those 12-hour swims; don't forget when you went down in the dark to start at dawn; remember going all day long

Archives

Select Month

Diana's Tweets



- New update! <http://t.co/Or9LZ60d> about 7 minutes ago from Twitter for iPhone
- At 3:15pm today, Diana is now 35 statutory miles from Havana about one-third of the way to Florida. [about 40 minutes ago](#) from HootSuite
- Everyone else, it must be said, breathed a huge sigh of relief. [about 40 minutes ago](#) from HootSuite
- "I guess he thought I was more aggressive than him, and he turned in the other direction," said MacDonald. [about 41 minutes ago](#) from HootSuite
- Rob MacDonald, one of the divers, swam towards the shark, where they faced off within 10 feet of one another. [about 42 minutes ago](#) from HootSuite

—in Los Angeles, Mexico, St. Maarten, Key West—6 hours in pools, 8, 9, 10, 12, 15, 24, 29 hours in the ocean, again and again.. I'm going to remind myself, don't waste this time. You earned this; you own this; you deserve it. And so does your team, having devoted so much to this.

10 captures

24 Sep. 2011 - 27 Dec 2011

waves. I need not to run into schools of man o' war jellyfish. I need for sharks not to get too interested in me swimming. But it's not all luck: It's going to be that we deserve it."

[Tweet](#) [share](#) [share](#)

22 Comments



Miry

September 23, 2011

Your determination is your biggest fan and your will to go out there again and not giving up is your "luck!" God is right beside you! YOU OWN THIS!

Reply



Tawanna Browne Smith

September 23, 2011

Diana, you and your team deserve this. Of course, you infinitely so due to your tenacity, dedication, and hard work. Besides the trophy of completing the swim, I think the metaphorical trophy of impacting lives and inspiring others is also extremely relevant. There's such a lesson in that. Dream big and never give up. That's my takeaway. I believe that you've visualized reaching those shores from Cuba...and so you will.

Reply



nicole

September 23, 2011

Best of luck Diana. Much love and we will all be cheering you on.

Reply



Deirdre Rose

September 23, 2011

This is the one, Diana, this is the one. KW is waiting for you, all you have to do is swim there.

Reply



Kristina

September 23, 2011

Sending prayers and well wishes that everything you need lines up and is served to you on a silver platter so that you can just go out and be the best you can be. Holding the vision of you walking up on the beach in Florida. God speed.

Reply



Theodore Roosevelt

September 23, 2011

"It is not the critic that counts; not the man who points out how the strong man stumbles or the doer of deeds could have them better. The credit belongs to the man who is actually in the Arena, whose face is marred by dust and sweat and

there is no effort without error and shortcoming; but he who does actually strive to do the deed; who knows the great devotion; who spends himself in a worthy cause, who at the best, knows in the end the triumph of high achievement, and who at the worst, if he fails while daring greatly, knows that his place shall never be with those cold and timid souls, who know neither victory nor defeat."

Reply

[10 captures](#)

24 Sep 2011 – 27 Dec 2011

AUG SEP OCT
24
2010 2011 2012



About this capture



Liz Gonzales

September 23, 2011

Bravo, Diana!

I'm not at all surprised to hear/read about another attempt...in fact, I was waiting for it. Your competitive spirit and drive is phenomenal; I thank you for sharing your story...for being such a beautiful and powerful example of how we can achieve and live a healthy, active life – despite age. Hitting 50 years (young) played a mind-game on me – and I refuse to allow that number to slow me down. My renewed "game" is to play, play, play!

Best of luck to you, Diana.

You Rock!

Liz

Reply



Terrie wurzbacher

September 23, 2011

Diana

The whole world will be with you on this swim – that's not to add pressure but support as you continue to impress all of us with your strength and determination! I know that you are definitely my hero and I will be following every single update and you will be in my thoughts and prayers the entire time

Terrie

Reply



Fred Boethling, President/CEO Race Across America

September 23, 2011

Go for it ... you can do it! We know you can. We're pulling for you. Do it!!!

Reply



Strel Swimming Vacation

September 23, 2011

DIANA WE ARE WITH YOU! SWIM ON AND WE'LL PRAY THE WATER IS CALM FOR YOU!

Reply

[10 captures](#)

24 Sep 2011 – 27 Dec 2011

Stephanie

September 23, 2011

Go Diana!! You are the epitome of what every woman should look up to....Love

your determination! Inspiration to the world! Swim long and strong, Diana, we are

all there with in the spirit. You got this!!

Reply



Bilingual Bird

September 23, 2011

You earned this; you own this; you deserve it. — you are correct!!

Reply



Chris

September 23, 2011

Diana, You are a HERO in so many ways.....

Reply



Linda Lange

September 23, 2011

I teach and coach all my swimmers with the three D's. Dedication, Desire and Determination... NOW there is a fourth D.. DIANA!!!!!! We will talk about you and your swimming tomorrow with all the kids and how awesome you are!!! I read the Little Engine That Could before the start of every season.. You and the Little SWIMMER That CAN!!! You have been my hero forever. Best wishes and may the wind be at your back and the water flat from Cuba to Key West..... Linda GO GET EM!!!!

Reply



Fellow PC alumni

September 23, 2011

We will be watching and cheering you on! Break a leg!

Reply



Anka

September 23, 2011

TOI-TOI-TOI!!! Good Luck!!!!!!!!!!!!!!

Reply



Vicki

September 23, 2011

So happy that you are giving it another go.. to swim to your destiny! You so deserve this and we are all sending you wishes for the best of luck with the conditions. You are ready!

Reply

AUG

SEP

OCT



24



2010

2011

2012

▼ About this capture





Paulette

It's your time to SHINE!

September 23, 2011

Reply

[10 captures](#)

24 Sep 2011 - 27 Dec 2011

AUG

SEP

OCT



24



2010

2011

2012

▼ About this capture



Carlos Velasquez

Diana, you can and WILL do this!! See you in Key West 😊

September 23, 2011

Reply



Cassi

Luck is also about determination and perseverance! I'm so glad you decided to try again! 😊

September 23, 2011

Reply



Nicole

GO DIANA!!

"Luck favors the prepared" and you have this!!

September 23, 2011

Reply



Carolyn

Diana, I was encouraged by your venture a few weeks ago- and now I'm even more impressed! May this entire event go fantastically well for you!

September 23, 2011

Reply

Leave a Comment

Name

Mail (will not be published)

Website

Your message...

Submit

Diana Nyad's Xtreme

Recent Posts

Recent Comments

Archives

Dream

[10 captures](#)

24 Sep 2011 – 27 Dec 2011

that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

▪ Encountering Extraordinary Animals

- A Challenging Night
- Before Jumping In
- Strategy

▪ Deb on Encountering Extraordinary Animals

- Extraordinary Animals
- Fred Eckersly on Gaining Strength
- Diane on Encountering Extraordinary Animals
- Dory on Gaining Strength

- AUG
- **SEP** 24 2011
- OCT 1 (20)
- 2010
- 2012
- 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)



▼ About this capture

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