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

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Strategy

Posted by Xtreme Dream Team on Sep 23, 2011 in Blog | 3 comments

Diana's strategy for enduring 60 plus hours of continuous swimming...

The mental approach has to be to parcel it out. No one could swim the whole thing while thinking about the whole thing. Till I get a glimpse of the final shore I can't start obsessing on it—it's too far away, too nebulous—I don't know where it is. So I'm going to take it night by night: first get through the nighttime and then get through the daytime, and then the nighttime again, and so on.

Starting at the beginning of the evening, at twilight, I'll make up a block of songs and counting and things I want to think about. I'll think about all that till the sunrise, so I don't think about the sun or how there isn't any daylight. We're into the season where there are 12-hour cycles now, so after the first night, now my job is the daylight. And I'm going to start over as if that nighttime never existed and begin a new series of counting and songs and then put that behind me like it never existed, then the night again and the day...and there's going to be another night I guess...

And I'll just do that till I get news that the shore is near.

What are your strategies for enduring long distances in the pool, on the track or maybe even driving down the highway?

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Diana's Tweets



- [@hereandnow](#) Mind over matter! [about 1 hour ago](#) from [HootSuite](#) [reply to hereandnow](#)
- [@dallasindiegrp](#) Haha thanks!! Such an honor to be an inspiration to so many. xoxox [about 2 hours ago](#) from [HootSuite](#) [reply to dallasindiegrp](#)
- There are so many words of motivation & inspiration. I thank U all 4 Ur belief in my [#XtremeDream](#). This is not the end but a new chapter [about 2 hours ago](#) from [HootSuite](#)

Your purchase of a Wristband, Hat, Polo or T-Shirt will help bring Diana, one stroke at a time, across the ocean from Cuba to Florida!



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3 Comments



Joseph Vogt

September 24, 2011

When I was in law school there were these little brass plaques on the walls in the halls (am I Dr. Seuss?) with little sayings on them from various people in history. My favorite was Winston Churchill: "When you're going through hell keep going."

Reply



Janet hinkle

September 24, 2011

Godspeed Diana. Up in the middle of the night checking your progress. Saying a prayer for calm waters and fierce mind. XOJanet.

Reply



Lauren Rose

September 24, 2011

As a follower/supporter for many months now, and a soon-to-be 60 y/o, I am inspired to make this the best time of my life. Diana, you and your team are amazing! I'm with you every stroke of the way. Stay strong, stay comfortable and stay safe.

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

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About this capture

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