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Getting In Shape

Posted by admin on Jun 13, 2011 in Blog | 2 comments

The plateaus of getting in shape fascinate me. There was 18 months of base training before I started in earnest this January toward getting ready for Cuba this summer. But when I look at a graph from my journals of the last six months, it's such a military-precision escalation. I started with 8 hour swims. Four of them in one week in the warm waters of the Caribbean.

Each two weeks, I bumped up half the swims by 2 hours. So I would go next to two 10 hours and two 8 hours.

And so on until now, when I am doing 15-hour swims regularly.

Back in Jan and Feb, my body was slammed on the rest days. I needed 24 hours plus to recuperate and even that

time wasn't enough. The lactic acid made my muscles so darn sore. The overall body fatigue, dehydration, and stiffness was extreme.

Now 8 hours seems a breeze. A very short time. I can press hard from first minute to last. And then eat a robust dinner only 90 minutes after.

The rest days now make me feel part tiger, alert and ready to pounce, and part bull, strong and muscular and ready to walk through a brick wall. This is extreme training, to understate it, but I love this feeling of being in super shape. When the Xtreme Dream Swim from Cuba is over, I just won't be able to continue training like this. It's way too insane. And doesn't leave time for any other life. But my intention is to remain quite intense about varieties of vigorous workouts.

The competence and confidence that come along with a built body are exhilarating.



Archives

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Diana's Tweets



- @blkberryswirl Back at ya! Have fun, be safe and take in the New Year with a blast! 08:13:41 PM December 26, 2011 from HootSuitein reply to BlkBerrySwirl
- @angelasmith_ Yes, I love the holidays. Hope you had a great Christmas. 08:13:03 PM December 26, 2011 from HootSuitein reply to AngelaSmith_
- @h2ornrspf Thanks for the mention. Hope your enjoying the Holidays 06:06:35 PM December 26, 2011 from HootSuitein reply to H2OrnrSPF
- @marystan55 Your very welcome. Keep pushing ONWARD into 2012 and beyond! 06:05:12 PM December 26, 2011 from HootSuitein reply to marystan55
- Just in case you havent seen my video yet, I wanted to make sure I got to say Happy Holidays to all of my followers!

2 Comments



Julie Moore

Dear Diana -

You are such an inspirational woman. 14 years ago I attempted to swim from Catalina Island to Long Beach. I am severely asthmatic and have come close to

June 19, 2011

dying from my illness several times. The week before I was to make my attempt I had another asthma attack caused by bronchitis. 17 people were taking off work the following week and I got scared and changed my training fluid. I know stupid

Got sick ended up throwing up and swimming for an hour but swam 10 hours....and 15 miles. This summer I want to try again...I want to try again

because I love swimming and want to finish something I started. I know it is going to be hard but I can do it thanks to you. You are truly amazing and I hope you make it.....but it isn't whether you make it or not it is about your journey to get there and how remarkable you are.

Reply



Adrien

July 8, 2011

Vous avez de bons points il, c'est pourquoi j'aime toujours verifier votre blog, Il semble que vous etes un expert dans ce domaine. maintenir le bon travail, Mon ami recommander votre site.

Mon francais n'est pas tres bon, je suis de l'Allemagne.

Mon blog:

[meilleur taux](#) aussi [simulation rachat de credit](#)

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Diana Nyad's Xtreme

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a is more than a swimmer.
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."

- Happy Holidays!
- We're Horrified. Now what are
- Store Temporarily Offline
- Catherine Opie
- Penn State Shocker. Really?

- alize on Happy Holidays!
- LindaM on Happy Holidays!
- Eileen on Happy Holidays!
- Rachel M. & Kathy M. on Happy Holidays!
- Laura Wilson on Happy Holidays!

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