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1 capture

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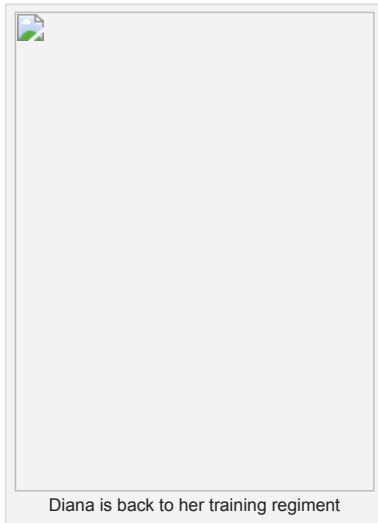
Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2011

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Home » Blog » I'm Back-In The Water!

I'm Back-In The Water!

Posted by Diana Nyad on Jan 26, 2011 in Blog | 1 comment



Diana is back to her training regiment

Brrrrr....we're a long way from Cuba's summer heat at the moment!

Back from icy NYC and into the pool in sunny LA.

Suffered a slight tear in a shoulder tendon from the rigors of last year's long hours of training. No time for surgery. Learning new stroke, a challenge after all these years. Exercises to strengthen all muscles around the tendon.

Icing 10 times a day! That's 3hrs, 20 mins of ice. Lot of discipline to keep that up. My car looks like a cryogenics lab at this point!

Escalating the pool hours now, shooting to be in the ocean to start the long sessions...8, 10, 12 & 15 hr swims...by March.

So far the shoulder holding up well.

If you've rehabbed your shoulder without surgery, let me know your keys to success, will you?

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Diana's Tweets



- [@GeoSocietyPhila](#) Thank you for giving me the opportunity to be a part of an event like this. Looking forward to the fun and the Cuban food. [about 1 hour ago](#) from [HootSuite](#) in reply to [GeoSocietyPhila](#)
- The first annual GEOfest is bringing renowned explorers and filmmakers to the Philadelphia Area - <http://t.co/nWo8aT3u> [about 8 hours ago](#) from [HootSuite](#)
- [@brkfastattiffys](#) Thanks so much for the follow back.. make sure to check out my facebook page! <http://t.co/nf0JK8HG> [06:45:02 PM October 13, 2011](#) from [HootSuite](#) in reply to [BrkfastAtTiffys](#)
- [@janetober](#) Don't let anything stand in the way of your dreams- courage is never stopping!! [06:40:07 PM October 13, 2011](#) from [HootSuite](#) in reply to [JanetOber](#)

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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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Archives

- October 2011 (11)
- September 2011 (43)
- August 2011 (36)
- 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)

[1 capture](#)

14 Oct 2011