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Diana's Experience – The 24 Hour Swim

Posted by Diana Nyad on Jul 13, 2010 in Blog | 0 comments



Can I say it was easy? Or comfortable? Or ENJOYABLE? None of those words ring true. 24 non-stop hours in the sea are a long, arduous test of body and will. There is no place to rest. There is no way to go forward without continuous pressure from the shoulders, the triceps. The head is turning 60 times per minute for the breath, for a glimpse of the escort boat, for the reassurance to make out the face of one of my handlers, my intimate care-takers. The daytime brilliant tropical sun is draining. The nighttime, this time the very night of the new moon, is absolute pitch black. The hours don't fly by. They crawl. And yet, despite the hardship, the intensity of the demands, I can tell you that I truly felt strong every single stroke of the way. I pushed. No laid back coasting. I figured if the Cuba Swim is going to take perhaps three times the hours of this one, if I pushed this time, then I would go about Cuba at perhaps 10 to 15% less effort, conserve a bit to make it over the very long haul.

But Saturday, from 8:19am, to Sunday, 8:19am, I was on top of the surface. I pushed the stroke cadence, all day, all night, past dawn and into the next morning. I made mistakes. Way too dehydrated. Need to stop more frequently for fluids. My TEAM doctor came to the escort boat at one point, I can't quite remember at what hour, and was very strong about getting more fluids into my system. And, even so, I needed 4 liters of IV solution immediately on exiting the water. Hard to take in big volumes of food and drink when your stomach is in such an active flex while stroking. Hard to feel well in salt water so ingesting anything is an unwanted chore. We're all collaborating on figuring out a better system. Perhaps coming in toward the escort boat much more frequently and not even stopping, going forward

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Diana's Tweets



- The first annual GEOfest is bringing renowned explorers and filmmakers to the Philadelphia Area - <http://t.co/nWo8aT3u> about 3 hours ago from HootSuite
- @brkfastattiffys Thanks so much for the follow back.. make sure to check out my facebook page! <http://t.co/nf0JK8HG> about 22 hours ago from HootSuitein reply to BrkfastAtTiffys
- @janetober Don't let anything stand in the way of your dreams- courage is never stopping!! about 22 hours ago from HootSuitein reply to JanetOber
- @slatefree1 I'm happy to have followers! The next adventure is whatever jumps out at me next in life. about 22 hours ago from HootSuitein reply to Slatefree1
- @mezzoring I couldn't agree more, we need to lean to preserve the earth and all of the creatures that come with it!

with a modified sidestroke while taking in some electrolyte fluids through a Camelback Sipper? The debrief day after revealed many other aspects of the expedition that demand improvement. All 24 of us are weighing in, getting creative. Dissecting skills and personalities of crew members. More on all of that later.

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encouragement....both before and after this 24-hour....have lifted my spirits, buoyed my confidence, warmed my heart. Thank you, thank you, thank you.

Diana Nyad



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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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