

Swim 10k in November

Challenge tips

Adapt for your fitness level

There are people of all levels of fitness doing this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge to suit you.

Make a plan

Use your challenge calendar to plan how you'll approach completing your kilometres, whether that's lots of smaller swims throughout the week or a few bigger swims at weekends.

Fuel the engine

You'll likely be burning more calories than usual. Make sure you've got enough fuel for your swims by eating a healthy and nutritious diet. For more information, visit cruk.org/diet



Get the right gear

Make sure you have comfortable swim gear, a towel and goggles.

Keep hydrated

Make sure you drink enough water before and after your swims.

Prevent injuries

Warm up, stretch and cool down with every swim. Include rest days in your training plan too.

Track every kilometre

Show off your progress to your supporters by tracking every kilometre you swim with a tracking app. We recommend Strava as you can link your swims to your online Giving Page. [Find out how to connect your online Giving Page on our site.](#)

Ready to take on 10k this November?

To help you dive in and rack up those kilometres, we're collaborating with Freedom Leisure – one of the UK's leading not-for-profit leisure trusts that operates over 130 leisure centres across England and Wales.

For just £30, swimmers completing the challenge can access a special swimming membership at participating Freedom Leisure centres for use throughout November. That's just £1 per day!*

Find out more:
freedom-leisure.co.uk/10kswim

*Terms and conditions apply.
See website for details.

