

# Swim 10k Challenge tips

Simple steps to get your challenge off the ground.

## Team up

Swimming as part of a group will inspire you to push harder and go further than you might otherwise do on your own. Whether you cover the kilometres together or individually, encourage others to join in the challenge too.



## Plan your swims

Use your challenge calendar to plan where and when you'll be completing your kilometres, whether that's lengths in a pool, outdoor swimming or even in the sea!

## Keep hydrated

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

## 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](https://cruk.org/diet)

## Prevent injuries

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

## Get the right gear

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

## 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 **here**.

