

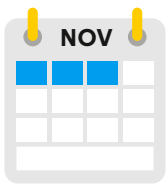
Ready, set, swim!

Simple steps to get your challenge started.



Spread the word

Let everyone know about your challenge and encourage others to join in too.



Plan your month

Think about how you'll approach swimming your 10k, whether that's lots of smaller swims throughout the week or a few bigger swims at weekends.



Get fundraising

Use the tips and tools in your pack to start raising money. Our life-saving research is only possible thanks to amazing supporters like you.



Team up

Encourage your friends to take part with you. Motivate each other to get swimming and raise money to power progress for people affected by cancer.

