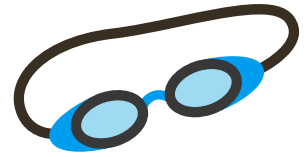


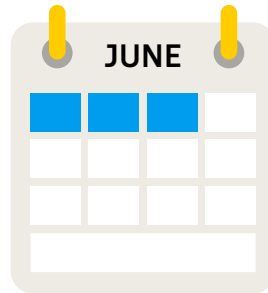
Challenge tips

Simple steps to help your challenge go swimmingly.



Team up

Swimming as part of a group will inspire you to push harder and go further than you might 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 complete your kilometres.

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://www.cruk.org/diet)

Prevent injuries

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

Get the right gear

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

Track every kilometre

If you have a smartwatch, you can track every kilometre you swim. We recommend the app Strava, as you can link your swims to your online Giving Page. Visit [our website](#) to find out how.

