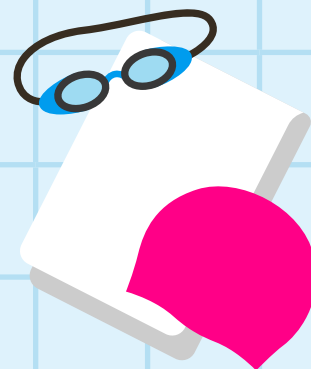


Swim 10k Challenge Calendar

Plan your kilometres in November 2025



						Time to take the plunge	
						1	2
						One week down – you're splashing it!	
3	4	5	6	7	8	9	
						Halfway there!	
10	11	12	13	14	15	16	
						Keep swimming! Only one week to go.	
17	18	19	20	21	22	23	
						One last push and you've done it!	
24	25	26	27	28	29	30	
30							

Visit cruk.org/swim10k

Together we are
beating cancer