



Swim 10k Challenge Calendar

Plan your kilometres in
November 2026



Let's go –
time to take
the plunge!

1

One week
down!
You're
smashing it!

2



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You're
halfway!
Keep going!

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Keep
swimming!
Only one
week to go.

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24

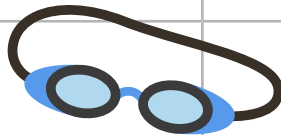
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Keep going,
you're
nearly there!

One last
push and
you've
done it!

30



In aid of
**CANCER
RESEARCH
UK**

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Together we are
beating cancer