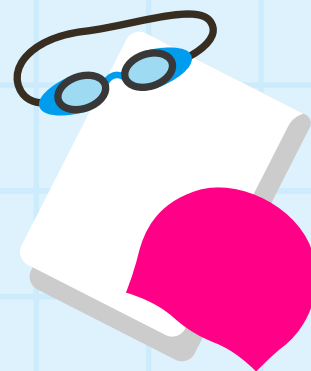





# Swim 20k Challenge Calendar

Plan your kilometres in June 2026



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



In aid of  
**CANCER RESEARCH UK**

Visit [cruk.org/swim20k](http://cruk.org/swim20k)

Together we are  
beating cancer