

STAND UP TO CANCER

10 DAYS OF 5K CHALLENGE CALENDAR



CANCER
RESEARCH
UK



Keep track of your kilometres in October 2026

				1	2	3	4
				THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	MONDAY	6	TUESDAY	7	WEDNESDAY	8	THURSDAY
				One week down!	9	FRIDAY	10
						SATURDAY	SUNDAY
12	MONDAY	13	TUESDAY	14	WEDNESDAY	15	THURSDAY
						16	FRIDAY
						Half way there!	17
						SATURDAY	SUNDAY
19	MONDAY	20	TUESDAY	21	WEDNESDAY	22	THURSDAY
						23	FRIDAY
						24	SATURDAY
						25	SUNDAY
26	MONDAY	27	TUESDAY	28	WEDNESDAY	29	THURSDAY
Anything is possible!						30	FRIDAY
						31	SATURDAY
						You've done it!	

SHOUT ON SOCIAL

Share your online Giving Page with friends, family and colleagues. Don't be shy!



And don't forget to tell us what you're up on **X @SU2CUK**, **Instagram @su2cuk** with the hashtag **#StandUpToCancer**, or on **Facebook** by tagging **standuptocancerUK**

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