

Train your way!

A helpful guide to making your personal training plan.



1 Work out the training plan that suits you and map out how many weeks you have until your swim.



2 Print off pages 2 & 4, and as many of page 3 as you require to ensure that you have a plan for every week.



3 Fill in your event name & date and put your plan in a frequently visited spot, perhaps on the fridge door.



4 Fill out your training plan, make sure to break it down into gradual steps and set regular, achievable goals!



5 Take pride in ticking off your goals each day and be sure to share your progress with us! And if we can help you in any way, get in touch!

Take a look at this sample page

Be SMART

Specific
Measurable
Achievable
Relevant
Time-bound

My goals



Smash my fundraising target.



Achieve a personal best time.



Have fun- laugh!

You can do it!



Week 1

- Swim for 10 minutes _____
- Set up my fundraising page _____
- Swim for 20 minutes _____
- Rest day _____
- Swim for 30 minutes _____
- Rest day _____
- Swim for 15 minutes _____

Write your 7 day plan! Small increase each week to work gradually towards your final goal. Don't forget to rest!

Ready, Set, GO!

You are making a difference!

Event name

Date



Week

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My goals





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Week



Week



Week



Week



Week



Week

THE BIG DAY

We would not be in the position we are today without the support and kindness of people like you. Over the past 40+ years, we have grown to support over 150,000 people and pets each year. Without the generosity and support of amazing people like you, we could not continue to change lives. Thank you for your hard work, dedication, and for helping to keep pets and their owners together.

 I DID IT!

THE BIG DAY