

October

2023

Subtitle

Core Month

Please note the meet entry deadlines for the competitions. This month will require a steadfast commitment to your training. Be ready to compete, and train at your very best. This month is the core of our training for the first cycle. Be ready to succeed



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dry Land Elevate 6:30-7:30 AM		Dry Land Elevate 6:30-7:30 AM	Swim 6-8 AM	7-9 AM	
Swim 3:15-5:15 PM	Swim 3:15-5:15 PM	Swim 3:15-5:15 PM	Swim 3:15-5:15 PM	Swim 3:15-5:15 PM	9:15-10 AM Outdoor Training	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 No Swim Thanksgiving Monday Hike to Ripple Rock 11	10	11	12	13	14
15 Comox Entry Deadline	16	17	18	19	20	21 AM Practice Still on Comox Meet
22 Nanaimo Meet Deadline Highschool Meet	23	24	25	26	27	28 Nanaimo Invitational
29	30	31 Halloween Fun (But still pretty tough) day				