

# National Development April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 10:00am-12:00pm	1 OFF	2 4:00-5:30pm Swim	3 Travel to Montreal	4 NEPTUNE	5 NEPTUNE	6 MNP TIME TRIAL NEPTUNE
7	8	9	10	11	12	13
NEPTUNE	Training Break	Training Break	Training Break	Training Break	Training Break	Training Break
14	15 5:30-7:30am Swim (with JND)	16 5:30-7:30am Swim	17 4:00 - 6:00pm Swim	18 6:00-7:30am Swim 4:00-5:45pm Swim 5:45-7:00pm Weights	19 7:15-9:15am Swim	20
Training Break	Training Break					
21 5:00-5:45pm Weights 5:45 - 7:15pm Swim	22 5:30-7:30am Swim 4:00-5:30pm	23 5:30-7:30am Swim	24 4:00 - 6:00pm Swim	25 AM OFF 4:00-5:45pm Swim 5:45-7:00pm Weights	26	27
					SPRING START UP	
28 5:00 - 5:45 Weights 5:45 - 7:15pm Swim	29 5:30-7:30am Swim 4:00-5:30pm Swim	30				
SPRING START UP						

\* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)