

## Junior National Development - April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
OFF						
14	15	16	17	18	19	20
		5:30-7:30am [5:15 on deck]	3:40 Activation 4:00-6:00pm UofC	OFF 5:30 - 7:00pm [5:30 dry, 6:00 swim]	Weights 5-5:45pm 5:45 - 7:45pm UofC	5:30 - 7:15am [5:15 on deck]
21	22	23	24	25	26	27
		5:30-7:30am [5:15 on deck]	3:40 Activation 4:00-6:00pm UofC	5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	Weights 5-5:45pm 5:45 - 7:45pm UofC	Spring Start Up
28	29	30				
Spring Start Up	3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	5:30-7:30am [5:15 on deck]				

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