

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6:00-7:30am UofC 4:00 - 5:45pm UofC 5:45 - 7:00pm Weights	2 7:15 - 9:15am UofC
3 5:00 - 5:45 Weights 5:45 - 7:15pm UofC	4 5:30 - 7:00am UofC 7:00 - 7:30am Dryland 4:00 - 5:30pm UofC	5 6:00-7:30am UofC	6 6:00-7:30am UofC	7 4:00 - 6:00pm UofC	8 4:00 - 5:45pm UofC 5:45 - 7:00pm Weights	9 7:15 - 9:15am UofC
10 5:00-5:45 Weights 5:45 - 7:15pm UofC	11 4:00 - 5:30pm UofC	12 2:30-3:30pm UofC	13 Travel to Richmond	14 RICHMOND FASTSWIM	15 RICHMOND FASTSWIM	16 RICHMOND FASTSWIM
17 OFF RICHMOND FASTSWIM	18 4:00 - 5:30pm UofC	19 CASC LC QUALIFIER	20 4:00 - 6:00pm UofC	21 TRAINING BREAK	22 TRAINING BREAK	23 TRAINING BREAK
24 CHRISTMAS EVE	25 CHRISTMAS DAY	26 BOXING DAY	27 TRAINING BREAK	28 TRAINING BREAK	29 TRAINING BREAK	30/31 TRAINING BREAK

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