

National Development February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				4:00-5:30pm swim	1 AM OFF	2 3
					UCSC Grand Prix	UCSC Grand Prix
4	5 4:00-5:00pm swim 5:00-6:00pm weights	6 AM OFF	7 5:30-7:30am Swim Nutrition Presentation 6-7pm	8 4:00 - 6:00pm Swim	9 5:30-7:30am Swim 4:00 - 5:45pm Swim 5:45 - 7:00pm Weights	10 7:15 - 9:15am Swim
UCSC Grand Prix						
11	12 5:00 - 5:45 Weights 5:45 - 7:15pm Swim	13 5:30 - 7:30am Swim	14 5:30-7:30am Swim	15 4:00 - 6:00pm Swim	16 5:30-7:30am Swim 4:00 - 5:45pm Swim 5:45 - 7:00pm Weights	17 7:15 - 9:15am Swim
18	19 2:30-4:00pm Swim 4:00-5:00pm Weights	20 5:30 - 7:30am Swim	21 6:00-7:30am Swim	22 4:00 - 6:00pm Swim	23	24
	Family Day				CASC WTF	CASC WTF
25	26 5:00 - 5:45 Weights 5:45 - 7:15pm Swim	27 5:30 - 7:30am Swim **Prov Trials OFF	28 5:30-7:30am Swim **Prov Trials (6:30-7:30am)	29 4:00 - 6:00pm Swim **Prov Trials (4:00-5:00pm)		

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