

Junior National Development - February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				6:00-7:30am [5:45 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	1 UCSC Grand Prix	2 UCSC Grand Prix
4 UCSC Grand Prix	5 4:00-6:00pm UofC No weights	6 OFF	7 3:40 Activation 4:00-6:00pm UofC	8 5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	9 Weights 5-5:45pm 5:45 - 7:45pm UofC	10 5:30 - 7:15am [5:15 on deck]
11 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	12 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	13 5:30-7:30am [5:15 on deck]	14 3:40 Activation 4:00-6:00pm UofC	15 5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	16 Weights 5-5:45pm 5:45 - 7:45pm UofC	17 5:30 - 7:15am [5:15 on deck]
18 3:30 Activation 4-5:30pm U of C	19 3:30 Activation 4-5:30pm U of C	20 5:30-7:30am [5:15 on deck]	21 3:40 Activation 4:00-6:00pm UofC	22 OFF 5:30 - 7:00pm [5:15pm on deck]	23 Western Transmountain Festival Meet	24 Western Transmountain Festival Meet
25 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	26 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	27 5:30-7:30am [5:15 on deck]	28 3:40 Activation 4:00-6:00pm UofC	29 5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]		

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