

## Junior National Development - January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>OFF</b>	2 4:30 Dryland 5:30-7:00pm U of C	3 4-5:30pm U of C	4 4:30 Dryland 5:30-7:00pm U of C	5 4-5:30pm U of C	6 <b>OFF</b>
7	8 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	9 5:30-7:30am [5:15 on deck]	10 3:40 Activation 4:00-6:00pm UofC	11 5:30-7:30am [5:15 on deck] 5:00pm Dryland 6-7pm Swim	12 3:40 Activation 4-5:45pm U of C	13 5:30 - 7:15am [5:15 on deck]
14	15 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	16 5:30-7:30am [5:15 on deck]	17 3:40 Activation 4:00-6:00pm UofC	18 5:30-7:30am [5:15 on deck] 5:00pm Dryland 6-7pm Swim	19 3:40 Activation 4-5:45pm U of C	20 5:30 - 7:15am [5:15 on deck]
21	22 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	23 5:30-7:30am [5:15 on deck]	24 3:40 Activation 4:00-6:00pm UofC Parent Nutrition Talk 5:30-6:30pm KNA 160	25 5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	26 Weights 5-5:45pm 5:45 - 7:45pm UofC	27 5:30 - 7:15am [5:15 on deck]
28	29 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	30 5:30-7:30am [5:15 on deck]	31 3:40 Activation 4:00-6:00pm UofC	01-Feb 6:00-7:30am [5:45 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	02-Feb UCSC Grand Prix	03-Feb UCSC Grand Prix

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