

Junior National Development - June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
CSI	4:30-5:30pm U of C (tbc)**	OFF	Banquet - no swim	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	6-8am [5:45 on deck]
9	10	11	12	13	14	15
	3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	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	6-8am [5:45 on deck]
16	17	18	19	20	21	22
	3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	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	6-8am [5:45 on deck]
23	24	25	26	27	28	29
	3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	6:30-8am Silver Springs	3:40 Activation 4:00-6:00pm UofC	6:00-7:30am [5:45 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	Team Champs	6-8am [5:45 on deck]
30	01-Jul	02-Jul	03-Jul	04-Jul	05-Jul	06-Jul
	OFF	6:30-8am Silver Springs	6-7:30am U of C	EKI		

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