

## Junior National Development - March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Weights 5-5:45pm 5:45 - 7:45pm UofC	7:15-9:15am [6:55 on deck]
					<i>AB Provincial Trials @ Edmonton</i>	
3	4	5	6	7	8	9
<i>AB Provincial Trials @ Edmonton</i>	3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	6:00-7:30am [5:15 on deck]	3:40 Activation 4:00-6:00pm UofC		<i>Non Champs: 5:30-7:30am U of C</i>	<i>Non-Champs: Sunday swim instead of Sat</i>
					<b>AB Provincial Champs</b>	
10	11	12	13	14	15	16
<i>Non-Champs: 9:30 weights + 10:30-12:30swim</i>	OFF		3:40 Activation 4:00-6:00pm UofC	5:30-7:30am [5:15 on deck]	Weights 5-5:45pm 5:45 - 7:45pm UofC	5:30 - 7:15am [5:15 on deck]
<b>AB Prov Champs</b>	OFF			5:30 - 7:00pm [5:30 dry, 6:00 swim]		
17	18	19	20	21	22	23
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]	3:40 Activation 4:00-5:45pm UofC	5:30 - 7:15am [5:15 on deck] Weights 8-9am
				5:30 - 7:00pm [5:30 dry, 6:00 swim]		
24	25	26	27	28	29	30
3:40 Activation 4:00-5:45pm UofC NO WEIGHTS		3:40 Activation 4:00-6:00pm UofC Weights 6-7pm	3:40 Activation 4:00-6:00pm UofC	3:40 Activation 4:00-6:00pm UofC	Good Friday - OFF	5:30 - 7:15am [5:15 on deck]

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