

Junior National Development - NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 3:40 Activation 4:00-6:00pm UofC	2 5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	3 Weights 5-5:45pm 5:45 - 7:15pm UofC	4 Cascade Speed Meet
5 Cascade Speed Meet	6 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	7 OFF	8 3:40 Activation 4:00-6:00pm UofC	9 5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	10 Weights 5-5:45pm 5:45 - 7:45pm** UofC	11 Swim 2-4pm
12	13 Swim 1:30-3 OR 3-4:30pm	14 5:30-7:30am [5:15 on deck]	15 3:40 Activation 4:00-6:00pm UofC	16 5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	17 Weights 5-5:45pm 5:45 - 7:45pm** UofC	18 5:30 - 7:15am [5:15 on deck]
19	20 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	21 5:30-7:30am [5:15 on deck]	22 3:40 Activation 4:00-6:00pm UofC	23 5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	24 UCSC November Inv't!	25 UCSC November Inv't!
26	27 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	28 5:30-7:30am [5:15 on deck]	29 3:40 Activation 4:00-6:00pm UofC	30 5:30-7:30am [5:15 on deck] 5:30 - 7:00pm [5:30 dry, 6:00 swim]	01-Dec Weights 5-5:45pm 5:45 - 7:45pm** UofC	02-Dec 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) **Squad Photos may be added!