

National Development July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 OFF	2 6:30-7:30am Swim	3	4	5 6
	5:00 - 5:45 Weights 5:45 - 7:00pm Swim	4:00-5:30pm Swim				
				EKI	EKI	EKI
7	8	9	10	11	12	13
	OFF	6:00-7:30am Swim	4:00 - 5:45pm Swim 6:00-7:00pm Weights		6:30-8:00am Swim (Silver Springs) 4:00-5:45pm Swim	7:45-9:45am Swim
EKI	4:00-5:30pm					
14	15	16	17	18	19	20
	6:00-7:30am Swim	6:00-7:30am Swim	4:00 - 5:45pm Swim 6:00-7:00pm Weights		6:30-8:00am Swim (Silver Springs) 4:00-5:45pm Swim	7:45-9:45am Swim
5:00 - 5:45 Weights 5:45 - 7:00pm Swim	4:00-5:30pm Swim					
21	22	23	24	25	26	27
	OFF	Pre-Provincials swim TBA	Travel to EDM			
4:00-5:45pm Weights TBD	4:00-5:30pm Swim			SUMMER PROVINCIALS	SUMMER PROVINCIALS	SUMMER PROVINCIALS
28	29	30	31			
SUMMER PROVINCIALS						

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