

National Development May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:30-7:30am Swim	2 4:00 - 6:00pm Swim 6:00-7:00pm Weights	3 5:30-7:30am Swim 4:00-5:45pm Swim	4 8:00-10:00am Swim
5 5:00 - 5:45 Weights 5:45 - 7:15pm Swim	6 5:30-7:30am Swim 4:00-5:30pm Swim	7 5:30-7:30am Swim	8 5:30-7:30am Swim	9 4:00 - 6:00pm Swim (Jarod) Travel to Kelowna	10 5:30-7:30am Swim (Dan) 4:00-5:45pm Swim (Dave) 5:45-7:00pm Weights (Dave) Kelowna LC Meet	11 8:00-10:00am Swim (Jan) Kelowna LC Meet
12 4:00-6:00pm Swim (Dan) *Kelowna Off Kelowna LC Meet	13 5:30-7:30am Swim *Kelowna Off 4:00-5:30pm Swim Travel back to Calgary	14 5:30-7:30am Swim	15 4:00-6:00pm Swim	16 4:00 - 6:00pm Swim	17 5:30-7:30am Swim 2:30-4:00pm Weights 4:00-5:45pm Swim	18 8:00-10:00am Swim
19 3:00-5:00pm Swim	20 5:30-7:30am Swim 4:00-5:30pm Swim Victoria Day	21 5:30-7:30am Swim	22 4:00-6:00pm Swim	23 4:00 - 6:00pm Swim	24 5:30-7:30am Swim 2:30-4:00pm Weights 4:00-5:45pm Swim	25 8:00-10:00am Swim
26 5:00 - 5:45 Weights 5:45 - 7:15pm Swim	27 OFF	28 6:00-7:30am Swim	29 6:00-7:30am Swim	30 4:00 - 6:00pm Swim	31 CSI	1 CSI

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