

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 6:00-7:00pm Weights	10 5:30-7:30am Swim 4:00-5:45pm Swim	11 8:00-10:00am Swim
12 5:00 - 5:45 Weights 5:45 - 7:15pm Swim	13 5:30-7:30am Swim 4:00-5:30pm Swim	14 5:30-7:30am Swim	15 5:30-7:30am Swim	16 4:00 - 6:00pm Swim 6:00-7:00pm Weights	17 5:30-7:30am Swim 4:00-5:45pm Swim	18 8:00-10:00am Swim
19 **Training time TBD	20 4:00-5:30pm Swim Victoria Day	21 5:30-7:30am Swim 4:00-5:30pm Swim	22 5:30-7:30am Swim	23 4:00 - 6:00pm Swim 6:00-7:00pm Weights	24 5:30-7:30am Swim 4:00-5:45pm Swim	25 8:00-10:00am Swim
26 5:00 - 5:45 Weights 5:45 - 7:15pm Swim	27 OFF 4:00-5:30pm Swim	28 6:00-7:30am Swim	29 4:00 - 6:00pm Swim	30	31	1
					CSI	CSI

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