

Junior National Development - May 2024

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 6-8am (5:45 on deck)
5	6 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	7 5:30-7:30am [5:15 on deck]	8 4:00-6:00pm Trials Send off + Swim	9 5:30-7:30am [those not racing] Travel to Kelowna	10 Kelowna Invitational 4:00-6:00pm UofC	11 6-8am (5:45 on deck)
12 Kelowna Invitational	13 OFF	14 3:40 Activation 4:00-6:00pm UofC	15 3:40 Activation 4:00-6:00pm UofC	16 5:30-7:30am [5:15 on deck] 3:40 Activation 4:00-6:00pm UofC	17 Weights 5-5:45pm 5:45 - 7:45pm UofC	18 7-9am (6:40 on deck**)
19	20 Swim 3-5pm	21 5:30-7:30am [5:15 on deck] 3:40 Activation 4:00-6:00pm UofC Weights 6-7pm	22 3:40 Activation 4:00-6:00pm UofC	23 OFF 3:40 Activation 4:00-6:00pm UofC	24 Weights 5-5:45pm 5:45 - 7:45pm UofC	25 6-8am (5:45 on deck)
26	27 3:40 Activation 4:00-5:45pm UofC Weights 6-7pm	28 6:00 - 7:30am [5:45 on deck]	29 3:40 Activation 4:00-6:00pm UofC	30-May OFF 5:30 - 7:00pm [5:30 dry, 6:00 swim]	31-May CSI	01-Jun

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