

National & Junior National Groups - April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00am-12:00noon Swim *Neptune Only 3:00-5:00pm Swim *Trials Only Easter Monday	2 4:00-6:00pm Swim	3 4:00-6:00pm Swim	4 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National) Neptune Invitational	5 2:30-4:00pm Weights (National) 4:00-6:00pm Swim Neptune Invitational	6 7:15-9:15am Swim *Trials Only Neptune Invitational
7	8 AM OFF 4:00-6:00pm Swim Neptune Invitational	9 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	10 4:00-6:00pm Swim	11 DAY OFF Mission Viejo SMOC	12 DAY OFF Mission Viejo SMOC	13 DAY OFF Mission Viejo SMOC
14	15 DAY OFF Mission Viejo SMOC	16 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	17 4:00-6:00pm Swim *Non-Trials swimmers return to train.	18 5:30-7:30am Swim *Trials Only 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	19 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	20 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
21	22 5:30-7:30am Swim 4:00-6:00pm Swim	23 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	24 4:00-6:00pm Swim	25 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	26 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	27 7:15-9:15am Swim *Trials Only UCSC Spring Start Up
28	29 5:30-7:30am Swim *Trials Only 4:00-6:00pm Swim UCSC Spring Start Up	30 4:00-6:00pm Swim 6:00-7:00pm Weights (National)				

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