

National & Junior National Groups - March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	2 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
3	4 AM OFF 4:00-6:00pm Swim 6:00-6:30pm Dryland (Jr National)	5 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	6 4:00-6:00pm Swim	7 Alberta Championship	8 Alberta Championship	9 Alberta Championship
10 Alberta Championship	11 Day OFF	12 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	13 4:00-6:00pm Swim	14 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	15 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	16 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
17	18 5:30-7:30am Swim *Only Non-Western 4:00-6:00pm Swim	19 4:00-6:00pm Swim 6:00-7:00pm Weights (National) * Non-Western with ND Westerns Travel Day	20 4:00-6:00pm Swim *Non-Western with JND	21 AM OFF 4:00-6:00pm Swim 6:00-7:00pm Weights (Nat & JN) * Non-Western with ND Western Canadian Championship	22 5:30-7:30am Swim * Non-Western with ND 4:00-6:00pm Swim * Non-Western with ND National Group Training Camp Western Canadian Championship	23 5:30-7:15am Swim 7:30-8:30am Weights (Jr National) *Non-Western with JND National Group Training Camp Western Canadian Championship
24 National Group Training Camp Western Canadian Championship	25 AM OFF 4:00-6:00pm Swim *Non-Western with ND/JND National Group Training Camp	26 6:00-7:30am Swim * Non-Western with ND 4:00-6:00pm Swim National Group Training Camp	27 4:00-6:00pm Swim National Group Training Camp	28 AM OFF 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National) National Group Training Camp	29 Swim Time & Location TBA National Group Training Camp Good Friday	30 5:30-7:15am Swim 7:30-8:30am Weights (Jr National) National Group Training Camp

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