

National Group - February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				OFF		
			3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	Weights 1:30-3:00pm ©	
				Grand Prix	Grand Prix	
5		6	7	8	9	10
		5:30-7:30 AM - Swim *Select swimmers		5:15-5:30am Pre-Pool 5:30-7:30am UofC *Training camp swimmers off		
	4:00-6:00pm - Swim *Select Swimmers	3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:15am UofC
Grand Prix					Training Camp Depart	Training Camp
12		13	14	15	16	17
		5:15-5:30am Pre-Pool 5:30-7:30am UofC		5:15-5:30am Pre-Pool 5:30-7:30am UofC		
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (D)	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC	3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	4:00-6:00pm UofC Weights 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:15am UofC
Training Camp	Training Camp	Training Camp	Training Camp	Training Camp	Training Camp	Training Camp
19		20	21	22	23	24
		5:15-5:30am Pre-Pool 5:30-7:30am UofC *Training camp swimmers off		5:15-5:30am Pre-Pool 5:30-7:30am UofC		
		3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)		5:15-5:30am Pre-Pool 5:30-7:15am UofC (Carl & Dave)
Training Camp	Training Camp Return Family Day				2:00-4:00pm Swim (Carl) 4:00-5:00pm Weights (Carl) 4:00-6:00pm Swim (Dave/Nick) Weights 6:00-7:00pm (D)	7:15-9:15am UofC (Nick)
26		27	28			
		OFF				
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©				

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