

National Group - March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 OFF	2	3
			4:00-5:00pm UofC			4
				TYR Pro Series Alberta Champs	TYR Pro Series Alberta Champs	TYR Pro Series Alberta Champs
5		6 OFF	7	8 5:15-5:30am Pre-Pool 5:30-7:30am UofC	9	10 5:15-5:30am Pre-Pool 5:30-7:15am UofC
Alberta Champs	OFF	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)	
12		13 6:00-7:30am UofC *Attending swimmers TBA at later date	14	15 OFF	16	17 7:00-7:15am Pre-Pool 7:15-9:15am Swim
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 ©	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 (Non-Western) Western Canadian Champs	4:00-6:00pm UofC	Western Canadian Champs
19		20 6:00-7:30am UofC *Attending swimmers TBA at later date	21	22 OFF	23	24 7:00-7:15am Pre-Pool 7:15-9:15am Swim
Western Canadian Champs	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (Non-Western)	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)	Trials Travel
26		27 OFF	28 7:00-8:00am Swim UofC Training for Neptune Group	29	30	31
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	Neptune Travel Canadian Swimming Trials	Neptune Invitational Canadian Swimming Trials	Neptune Invitational Canadian Swimming Trials	Neptune Invitational Canadian Swimming Trials

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