

National Group - April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						Canadian Swimming Trials Neptune Invitational
2	3	4	5	6	7	8
					Good Friday	
Canadian Swimming Trials Neptune Invitational	Travel From Trials & Neptune Training Break	Training Break	Training Break	Training Break	Training Break	Training Break
9	10	11	12	13	14	15
	Easter Monday			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
Training Break	Training Break	Training Break	Training Break			
16	17	18	19	20	21	22
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC *Attending Swimmers TBA 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)	5:15-5:30am Pre-Pool 5:30-7:30am UofC *Attending Swimmers TBA 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)	OFF
23	24	25	26	27	28	29
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am 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)	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)	2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	7:00-7:15am Pre-Pool 7:15-9:15am UofC *Attending Swimmers TBA
						Spring Start Up (Saturday & Sunday)

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