

12 C - March 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|--|---|--------------------------------|---|--|--------------------------------|
| | | | | | | 1 4:30 - 6:00pm UofC |
| 2 6:00 - 7:15pm UofC | 3 Dryland - 5pm 6:00 - 7:00pm UofC | 4 6:00 - 7:15pm UofC | 5 6:00am - 7:30am Churchill | 6 Dryland - 5pm 6:00 - 7:30pm UofC SA Winter Provincial Trials | 7 4:30 - 6:00pm UofC SA Winter Provincial Trials | 8 |
| 9 SA Winter Provincial Trials | 10 6:00 - 7:15pm UofC | 11 Dryland - 5pm 6:00 - 7:00pm UofC | 12 6:00 - 7:15pm UofC | 13 6:00am - 7:30am Churchill | 14 Dryland - 5pm 6:00 - 7:30pm UofC | 15 NCSA Spring Invitational |
| 16 NCSA Spring Invitational | 17 6:00 - 7:15pm UofC | 18 Dryland - 5pm 6:00 - 7:00pm UofC | 19 5:00 - 6:00pm UofC | 20 6:00 - 7:00pm UofC | 21 5:00 - 6:00pm UofC | 22 No workout |
| 23 Training break | 24 Training break | 25 Training break | 26 Training break | 27 Training break | 28 Training break | |

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