

12 D - March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 4:30 - 6:00pm UofC
2 UCSC GP	3 6:00am - 7:30am Churchill 6:00 - 7:00pm UofC	4 6:00am - 7:30am Churchill 6:00 - 7:00pm UofC	5 Dryland - 5pm 6:00 - 7:15pm UofC	6 6:00 - 7:00pm UofC	7 Dryland - 5pm 6:00 - 7:30pm UofC	8 4:30 - 6:00pm UofC
9	10 6:00am - 7:30am Churchill 6:00 - 7:00pm UofC	11 6:00am - 7:30am Churchill 6:00 - 7:00pm UofC	12 Dryland - 5pm 6:00 - 7:15pm UofC	13 6:00 - 7:00pm UofC	14 Dryland - 5pm 6:00 - 7:30pm UofC	15 NCSA Spring Invitational
16 NCSA Spring Invitational	17 6:00am - 7:30am Churchill 6:00 - 7:00pm UofC	18 6:00am - 7:30am Churchill 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)