

# JR Nat Dev - Sept 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	5-7pm [5pm dryland, 5:30 swim]		3:40 Activation 4-5:30pm Swim	3:40 Activation 4-5:30pm Swim 6-7pm Dryland		
17	18	19	20	21	22	23
5-6pm Dryland 6-7:15pm Swim	3:40 Activation 4-5:30pm Swim	5-7pm [5pm dryland, 5:30 swim]	3:40 Activation 4-6pm [4-5:30 swim + 30 min land]			
24	25	26	27	28	29	30
3:40 Activation 4-5:45pm Swim Dryland 6-7pm	5:30-7:00am [5:15 on deck]	3:40 Activation 4-6pm swim	5-7pm [5pm dryland, 5:30 swim]	Dryland 5-6pm Swim 6-7:45pm	OFF	National Day for Truth and Reconciliation

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