

## National Development - December 2024

| SUNDAY                       | MONDAY                                  | TUESDAY  | WEDNESDAY            | THURSDAY  | FRIDAY   | SATURDAY         |
|------------------------------|---|--|----------------------|---|--|------------------|
| 1                            | 2                                       | 3  | 4                    | 5   | 6  | 7                |
|                              | 5:00-5:45pm Weights<br>5:45-7:15pm Swim | AM OFF<br><br>3:30-4:00pm Pre-Pool Dryland<br>4:00-5:30pm Swim | 6:30-7:30am Swim     |   |  |                  |
|                              |   |  |                      | Travel to Victoria  | <b>PCS CHRISTMAS CRACKER</b>   |                  |
| 8                            | 9                                       | 10   | 11                   | 12  | 13   | 14               |
| OFF                          |   | AM OFF<br><br>3:30-4:00pm Pre-Pool Dryland<br>4:00-5:30pm Swim | 6:00-7:30am Swim     | 3:30-4:00pm Pre-Pool Dryland<br>4:00-5:30pm Swim<br>5:45-7:00pm Weights | 6:00-7:30am Swim<br><br>5:15-5:45 Pre-Pool Dryland<br>5:45-7:30pm Swim | 5:15-7:15am Swim |
| <b>PCS CHRISTMAS CRACKER</b> |   | Travel back to YYC   |                      |   |  |                  |
| 15                           | 16                                      | 17   | 18                   | 19  | 20   | 21               |
|                              | 5:00-5:45pm Weights<br>5:45-7:15pm Swim | 3:30-4:00pm Pre-Pool Dryland<br>4:00-5:30pm Swim               |                      | 3:30-4:00pm Pre-Pool Dryland<br>4:00-5:30pm Swim<br>5:45-7:00pm Weights | 6:00-7:30am Swim   |                  |
|                              |   |  | <b>CASC LC QUALY</b> |   |  |                  |
|                              |   |  |                      |   |  | <b>BREAK</b>     |
| 22                           | 23                                      | 24   | 25                   | 26  | 27   | 28               |
|                              |   |  |                      |   |  |                  |
| <b>BREAK</b>                 |   |  |                      |   |  |                  |
| 29                           | 30                                      | 31   | 1                    | 2   | 3  | 4                |
|                              |   |  |                      |   |  |                  |
| <b>BREAK</b>                 |   |  |                      |   |  |                  |

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