

## National Development - December 2024

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

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