

National Development - February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						UCSC GRAND PRIX
2		3	4	5	6	7
		AM OFF	5:30-7:30am Swim		3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5:30-7:30am Swim
	5:00-5:45pm Weights 5:45-7:15pm Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim			5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	5:30-7:15am Swim ^non training camp only
UCSC GRAND PRIX						Travel to Phoenix
9	10	11	12	13	14	15
		5:30-7:30am Swim		5:30-7:30am Swim		5:30-7:15am Swim
3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim 6:00-7:00pm Weights	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim	3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim 6:00-7:00pm Weights	
PHOENIX TRAINING CAMP						
16	17	18	19	20	21	22
		6:00-7:30am Swim ^non training camp only	5:30-7:30am Swim			
	3:00pm-5:00pm swim 5:00-6:00pm Weights	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim		3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights		
Last day of camp + travel	^non training camp only				Western Transmountain Festival	
23	24	25	26	27	28	1
		5:30-7:30am Swim	5:30-7:30am Swim		5:30-7:30am Swim	7:15-9:15am swim
5:00-5:45pm Weights 5:45-7:15pm Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim			3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	

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