

## National Development - January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1		2	3
				3:00-4:00pm Weights 4:00-6:00pm Swim	7:30-9:00am Swim	8:30-10:30am Swim
			<b>NEW YEARS DAY</b>			
5		6	7	8	9	10
5:00-5:45pm Weights 5:45-7:15pm Swim		6:00-7:30am Swim  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	AM OFF  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7:15-9:15am swim
12		13	14	15	16	17
5:00-5:45pm Weights 5:45-7:15pm Swim		5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	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  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7:15-9:15am swim
19		20	21	22	23	24
5:00-5:45pm Weights 5:45-7:15pm Swim		5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	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  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7:15-9:15am swim
26		27	28	29	30	31
5:00-5:45pm Weights 5:45-7:15pm Swim		5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	5:30-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights		
					<b>UCSC GRAND PRIX</b>	

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