

JND - February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						UCSC Grand Prix
2	3	4	5	6	7	8
UCSC Grand Prix	OFF		5:30-7:30am (5:15 on deck)		3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	5:30-7:15am (5:15 on deck) 7:15-8:15 Weights ^non-training camp only
	3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry		3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5-7pm (5-6 Dry/ 6-7 Swim)		TRAINING CAMP
9	10	11	12	13	14	15
		5:30-7:30am (5:15 on deck)		5:30-7:30am (5:15 on deck)		5:30-7:15am (5:15 on deck)
JND/NAT DEV TRAINING CAMP						
	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim Weights 6-7pm	3:30-3:40 Arrival for Pre-Pool 4-5:30 Swim	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	3:30-3:40 Arrival for Pre-Pool 4-5:30 Swim	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim Weights 6-7pm	
16	17	18	19	20	21	22
TRAINING CAMP	Swim 3-5pm *non-training camp only	5:30-7:30am (5:15 on deck)		6-7:30am (5:45 on deck)	Western Transmountain Festival @ Seton	
			3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5-7pm (5-6 Dry/ 6-7 Swim)		
23	24	25	26	27	28	01-Mar
	3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)		5:30-7:30am (5:15 on deck)		5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
			3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5-7pm (5-6 Dry/ 6-7 Swim)	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	

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