

# JND - January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				4-6pm Swim (3:45 on deck)	7:30-9am Swim (7:15 on deck)	8:30-10:20am (8:15 on deck)
5	6	7	8	9	10	11
3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	6-7:30am (5:45 on deck)		3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	6-7:30am (5:45 on deck) 5-7pm (5-6 Dry/ 6-7 Swim)	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
12	13	14	15	16	17	18
3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)		3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5:30-7:30am (5:15 on deck) 5-7pm (5-6 Dry/ 6-7 Swim)	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
19	20	21	22	23	24	25
3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)		3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5:30-7:30am (5:15 on deck) 5-7pm (5-6 Dry/ 6-7 Swim)	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
26	27	28	29	30	31	01-Feb
3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)		3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	OFF 5-7pm (5-6 Dry/ 6-7 Swim)	UCSC Grand Prix	

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