

National Development - June 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	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  1:00-3:00pm Swim	7:15-9:15am swim
CSI	OFF	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim				
8	9	10	11	12	13	14
		5:30-7:30am Swim	5:30-7:30am Swim		5:30-7:30am Swim	7:15-9:15am swim
	4:00-5:45pm Swim 5:45-6:45pm 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	3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim	
15	16	17	18	19	20	21
	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	
22	23	24	25	26	27	28
		6:00-7:30am Swim	AM OFF		OFF	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	
			TEAM CHAMPS			
29	30	1	2	3	4	5
	OFF	6:30-8:00am Swim SILVER SPRINGS				
	5:00-5:45pm Weights 5:45-7:15pm Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim				
				EKI - Edmonton		

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