

National Development - March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7:15-9:15am swim
2		3 5:30-7:30am Swim Prov Trials swimmers OFF 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	4 5:30-7:30am Swim Prov Trials swimmers 6:30-7:30am	5 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	6 5:30-7:30am Swim 5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7 7:15-9:15am swim
					PROVINCIAL TRIALS	
9		10 6:00-7:30am Swim 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	11 6:00-7:30am Swim	12 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	13 AM OFF	14 7:30-9:15am swim *on deck at 7:15
PROVINCIAL TRIALS						
16		17 AM OFF 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	18 1-3pm swim in EDM	19	20	21
					AB CHAMPS	
23		24	25	26	27	28
AB CHAMPS				TRAINING BREAK		
30		31 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	1 6:00-7:30am Swim	2 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	3 AM OFF	4 7:15-9:15am swim
TRAINING BREAK						
						5

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