

National Group - November 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|--|--|---|---|---|---|
| | | | | | | 1 |
| | | | | | 2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) | 2 5:30-7:15am (Swim) |
| 3 | 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) | 4 | 5 | 6 | 7 | 8 |
| | | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 9 7:15-9:15am (Swim) |
| 10 | | 11 | 12 | 13 | 14 | 15 |
| | AM OFF 1:00-2:00pm (Weights) 1:30pm (Pre-Pool) 2:00-4:00pm (Swim) Cascade Speed Meet | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) |
| 17 | | 18 | 19 | 20 | 21 | 22 |
| | 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | AM OFF 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | | 23 November Invitational |
| 24 | | 25 | 26 | 27 | 28 | 29 |
| | AM OFF PM OFF | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) |
| November Invitational | | | | | | 30 5:30-7:15am (Swim) |

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