

## National Development - November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					5:30-7:30am Swim  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7:15-9:15am swim
3		4	5	6	7	8
5:00-5:45pm Weights 5:45-7:15pm Swim		5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	5:30-7:30am 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 5:45-7:00pm Swim	
					<b>CASC SPEED MEET</b>	
10		11	12	13	14	15
OFF		AM OFF  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:30-6:30 Weights (B70)	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	7:15-9:15am swim
<b>CASC SPEED MEET</b>						
17		18	19	20	21	22
5:00-5:45pm Weights 5:45-7:15pm Swim		5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	6:00-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim		
					<b>UCSC NOVEMBER INVITE</b>	
24		25	26	27	28	29
OFF		AM OFF  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:30-6:30 Weights (B70)	6:00-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	AM OFF	7:15-9:15am swim
<b>UCSC NOVEMBER INVITE</b>						
* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=FootHills)						