

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 5:45-7:30pm Swim	
					CASC SPEED MEET	
10	11	12	13	14	15	16
OFF	AM OFF	5:30-7:30am Swim 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 5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7:15-9:15am swim
CASC SPEED MEET						
17	18	19	20	21	22	23
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 5:45-7:00pm Weights			
				UCSC NOVEMBER INVITE		
24	25	26	27	28	29	30
OFF	AM OFF	6:00-7:30am Swim 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
UCSC NOVEMBER INVITE						

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