

**2023-2024 -Training Schedule CALGARY**

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Performance</b>	Swim - 5:30 - 7:00 am - MNP Dryland 7:00 - 7:45am (Alexx)	Swim - 5:30 - 7:00 am - MNP Dryland 7:00 - 7:45am (Alexx)		Swim - 5:30 - 7:00 am - MNP Dryland 7:00 - 7:45am (Alexx)	Swim - 5:30 - 7:00 am - MNP (Dave)	7:00 - 9:00 am MNP (Alexx)
	Swim - 4:00 - 6:00 pm - VV (Dave)		Swim - 4:00 - 6:00 pm - MNP (Dave)	Swim - 4:00 - 6:00 pm - VV (Optional 8 or Replacement)		
<b>Train to Train - 7 (T2T-7)</b>		Swim - 5:30 - 7:00 am - MNP		Swim - 5:30 - 7:00 am - MNP	Swim - 5:30 - 7:00 am - MNP	7:00 - 9:00 am VV
	Swim - 4:00 - 6:00 pm - VV	Swim - 4:00 - 6:00 pm - VV		Swim - 4:00 - 6:00 pm - VV		
<b>Train to Train - 5 (T2T - 5)</b>	Swim - 5:30 - 7:00am - VV			Swim - 5:45 - 7:15 am - RR	5:30-7am - VV	7:30-9am Swim TH
			Swim - 4:00 - 6:00 pm - VV			
<b>Learn To Train - 4 (L2T - 4)</b>		Swim - 5:45 - 7:15 am - RR				
	Dryland - 4:00 - 4:30 pm Swim - 4:30 - 6:00 pm - TH		Dryland - 4:00 - 4:30 pm Swim 4:30 - 6:00 pm - TH		Dryland - 3:30 - 3:50 pm Swim 4:00 - 5:30 pm - TH	
<b>Development</b>						7:15-8:45 am - RR
		Dryland - 4:25 - 4:55 pm Swim - 5:00 - 6:00 pm - TH		Dryland - 4:25 - 4:55 pm Swim - 5:00 - 6:00 pm - TH	Dryland - 4:30-4:50 pm Swim 5-6pm - TH	
<b>MNP - Formerly Repsol Centre</b>	<b>RR - Rocky Ridge</b>	<b>GP - Genesis Place</b>	<b>TH - Thornhill Pool</b>	<b>VV-Vivo Pool</b>		