

Cochrane Comets Gold and Black Training Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
	5:00-5:30pm Dryland 5:30-7:30pm	6:00-7:30am	4:30-5:15pm Spray Lakes 5:30-7:30pm	6:00-7:30am	6:00-6:30am Dryland 6:30-7:30am swim		
Week 11	30-Nov	01-Dec	02-Dec	03-Dec	04-Dec	05-Dec	06-Dec
	5:00-5:30pm Dryland 5:30-7:30pm	6:00-7:30am	NO DRYLAND 5:30-7:30pm	O.S.C. JP Fiset			
Week 12	07-Dec	08-Dec	09-Dec	10-Dec	11-Dec	12-Dec	13-Dec
	OFF	OFF	4:30-5:15pm Spray Lakes 5:30-7:30pm	6:00-7:30am	6:00-6:30am Dryland 6:30-7:30am swim		
Week 13	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
	5:00-5:30pm Dryland 5:30-7:30pm	6:00-7:30am	4:30-5:15pm SL 5:30-TBA swim Comets Holiday Party - TBA	OFF --- OFF --- OFF			
Week 14	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
	Winter Training Camp 9:00am-12:00pm Swim & Afternoon activities			OFF --- OFF --- OFF			Winter Training Camp
Week 15	28-Dec	29-Dec	30-Dec	31-Dec	01-Jan	02-Jan	03-Jan
	Winter Training Camp 9:00am-12:00pm Swim & Afternoon activities		OFF --- OFF --- OFF --- OFF				