

## Cochrane Comets Gold and Black Training Calendar

|        | Monday                                  | Tuesday     | Wednesday                               | Thursday    | Friday                                  | Saturday                                      | Sunday                |
|--------|---|-------------|---|-------------|---|---|-----------------------|
| Week 1 | 21-Sep                                  | 22-Sep      | 23-Sep                                  | 24-Sep      | 25-Sep                                  | 26-Sep  | 27-Sep                |
|        | 5:30-7:30pm                             | 6:00-7:30am | 5:30-6:15pm Dryland<br>6:30-7:30pm swim | 6:00-7:30am | 6:00-6:30am Dryland<br>6:30-7:30am swim |   |                       |
| Week 2 | 28-Sep                                  | 29-Sep      | 30-Sep                                  | 01-Oct      | 02-Oct                                  | 03-Oct  | 04-Oct                |
|        | 5:30-6:15pm Dryland<br>6:30-7:30pm swim | 6:00-7:30am | 5:30-6:15pm Dryland<br>6:30-7:30pm swim | 6:00-7:30am | 6:00-6:30am Dryland<br>6:30-7:30am swim |   |                       |
| Week 3 | 05-Oct                                  | 06-Oct      | 07-Oct                                  | 08-Oct      | 09-Oct                                  | 10-Oct  | 11-Oct                |
|        | 4:30-5:15pm Dryland<br>5:30-7:30pm swim | 6:00-7:30am | 4:30-5:15pm Dryland<br>5:30-7:30pm swim | 6:00-7:30am | 6:00-6:30am Dryland<br>6:30-7:30am swim |   |                       |
| Week 4 | 12-Oct                                  | 13-Oct      | 14-Oct                                  | 15-Oct      | 16-Oct                                  | 17-Oct  | 18-Oct                |
|        | Thanksgiving<br>OFF                     | 6:00-7:30am | 4:30-5:15pm Dryland<br>5:30-7:30pm swim | 6:00-7:30am | 6:00-6:30am Dryland<br>6:30-7:30am swim | Junior Circuit<br><br>Canmore<br>8:00-11:00am |                       |
| Week 5 | 19-Oct                                  | 20-Oct      | 21-Oct                                  | 22-Oct      | 23-Oct                                  | 24-Oct  | 25-Oct                |
|        | 4:30-5:15pm Dryland<br>5:30-7:30pm swim | 6:00-7:30am | 4:30-5:15pm Dryland<br>5:30-7:30pm swim | 6:00-7:30am | 6:00-6:30am Dryland<br>6:30-7:30am swim |   | Fall Start-<br><br>Up |