

JANUARY 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes: Erik Kevin Chad			1 11:00-12:30am <i>Tech</i>	2 6:00-7:00am 9:30-10:30am <i>Efficiency</i>	3 10:30-12:00am <i>Pull</i>	4 9:00-10:30am <i>Distance</i>
5 6:00-7:00am 9:30-10:30am <i>Pace</i>	6 7:30-9:00pm* 4 Lanes Only <i>Tech</i>	7 6:00-7:00am 9:30-10:30am <i>Threshold</i>	8 7:00-8:30pm <i>Kick</i>	9 6:00-7:00am 9:30-10:30am <i>VO2 Max</i>	10 10:30-12:00am <i>Efficiency</i>	11 9:00-10:30am <i>Tech</i>
12 6:00-7:00am 9:30-10:30am <i>Kick</i>	13 7:00-8:30pm <i>Pace</i>	14 6:00-7:00am 9:30-10:30am <i>VO2 Max</i>	15 7:00-8:30pm <i>Threshold</i>	16 6:00-7:00am 9:30-10:30am <i>Speed</i>	17 10:30-12:00am <i>Kick Test</i>	18 9:00-10:30am <i>Pull</i>
19 6:00-7:00am 9:30-10:30am <i>IM</i>	20 7:00-8:30pm <i>VO2 Max</i>	21 6:00-7:00am 9:30-10:30am <i>Pace</i>	22 7:00-8:30pm <i>Distance</i>	23 6:00-7:00am 9:30-10:30am <i>Threshold</i>	24 10:30-12:00am Foothills Swim Meet <i>Speed</i>	25 9:00-10:30am <i>Distance</i>
26 6:00-7:00am 9:30-10:30am <i>Tech</i>	27 7:00-8:30pm <i>Efficiency</i>	28 6:00-7:00am 9:30-10:30am <i>Threshold</i>	29 7:00-8:30pm <i>IM</i>	30 6:00-7:00am 9:30-10:30am <i>VO2 Max</i>	31 10:30-12:00am <i>Distance</i>	

Changes to the training plan will be posted at <http://cmsc.ab.ca/events/category/changes/>