



INTEGRATED TRAINING SCHEDULE

MAY 2017

ALL "AM" PRACTICES AT LOWER TOWN POOL 40 COBOURG-"PM" AT CARLETON UNIVERSITY COLOR CODE INDICATES TIMES & LANES YOU REGULARLY SWIM AT UNIVERSITY OF OTTAWA							
RED - LANE 1-5 ONLY FROM 5:30 GROUP AND 6:30 GROUP							
BLUE - LANE 6-8 ONLY SWIMMERS FROM 5:30 AND 6:30 PRACTICE TOGETHER FROM 6-7PM							
YELLOW - ALL SWIMMERS ALL GROUPS ALL LANES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6	7
SWIM	LOWERTOWN 5:30-6:30AM 6:30-7:30AM	LOWERTOWN 6:00-7:00AM	LOWERTOWN 5:30-6:30AM 6:30-7:30AM		LOWERTOWN 6:00-7:00AM	LOWERTOWN 6:30-7:30AM	
			CARLETON 7:30-8:30PM				
	8	9	10	11	12	13	14
SWIM	5:30-6:30AM 6:30-7:30AM	6:00-7:00AM	5:30-6:30AM 6:30-7:30AM	CARLETON 7:30-8:30PM			
CYCLE							
EVENTS					NATIONALS QUEBEC	NATIONALS QUEBEC	NATIONALS QUEBEC
	15	16	17	18	19	20	21
SWIM	5:30-6:30AM 6:30-7:30AM	6:00-7:00AM	5:30-6:30AM 6:30-7:30AM	CARLETON 7:30-8:30PM	6:00-7:00AM	CLOSED	CLOSED
CYCLE							
EVENTS							
	22	23	24	25	26	27	28
SWIM	CLOSED	6:00-7:00AM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE	6:00-7:00AM	MEECH LAKE	
RUN							
CYCLE							
EVENTS				6:00-7:00PM		7:30-9 AM	
	29	30	31				
SWIM	5:30-6:30AM 6:30-7:30AM	6:00-7:00AM	5:30-6:30AM 6:30-7:30AM				
RUN							
CYCLE							
EVENTS							

INTEGRATED TRAINING SCHEDULE

JUNE 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3	4
SWIM				MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM	6:00-7:00AM	MEECH LAKE SWIM/CYCLE/RUN	
RUN						OPEN WATER SWIM CAMP # 1 7:30-9 AM	
CYCLE							
EVENTS							
	5	6	7	8	9	10	11
SWIM	5:30-6:30AM 6:30-7:30AM	6:00-7:00AM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM	6:00-7:00AM	MEECH LAKE SWIM/CYCLE/RUN	
RUN						OPEN WATER SWIM CAMP # 2 7:30-9 AM	
CYCLE							
EVENTS							
	12	13	14	15	16	17	18
SWIM	5:30-6:30AM 6:30-7:30AM	6:00-7:00AM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM	6:00-7:00AM	MEECH LAKE SWIM/CYCLE/RUN	
RUN						OPEN WATER SWIM CAMP # 3 7:30-9 AM	
CYCLE							
EVENTS							
	19	20	21	22	23	24	25
SWIM	5:30-6:30AM 6:30-7:30AM	6:00-7:00AM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM	6:00-7:00AM	MEECH LAKE SWIM/CYCLE/RUN	
RUN						OPEN WATER SWIM CAMP # 4 7:30-9 AM	
CYCLE							
EVENTS							
	26	27	28	29	30		
SWIM	5:30-6:30AM 6:30-7:30AM	6-7 PM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM	5:30-6:30AM 6:30-7:30AM		
RUN							
CYCLE							
EVENTS							



INTEGRATED TRAINING SCHEDULE

JULY 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1	2
SWIM						MEECH LAKE	
RUN						SWIM	
CYCLE						CYCLE	
EVENTS						RUN	
						7:30-9 AM	
	3	4	5	6	7	0	9
SWIM	<i>CLOSED</i>	6-7 PM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE	5:30-6:30AM 6:30-7:30AM	MEECH LAKE	
RUN				SWIM		SWIM/CYCLE/RUN	
CYCLE				CYCLE		OPEN	
EVENTS				RUN		WATER	
				6:00-7:00PM		SWIM CAMP	
						# 5	
						7:30-9 AM	
	10	11	12	13	14	15	16
SWIM	5:30-6:30AM 6:30-7:30AM	6-7 PM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE	5:30-6:30AM 6:30-7:30AM	MEECH LAKE	
RUN				SWIM		SWIM/CYCLE/RUN	
CYCLE				CYCLE		OPEN	
EVENTS				RUN		WATER	
				6:00-7:00PM		SWIM CAMP	
						# 6	
						7:30-9 AM	
	17	18	19	20	21	22	23
SWIM	5:30-6:30AM 6:30-7:30AM	6-7 PM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE	5:30-6:30AM 6:30-7:30AM	MEECH LAKE	
RUN				SWIM		SWIM/CYCLE/RUN	
CYCLE				CYCLE		OPEN	
EVENTS				RUN		WATER	
				6:00-7:00PM		SWIM CAMP	
						# 7	
						7:30-9 AM	
	24	25	26	27	28	29	30
SWIM	5:30-6:30AM 6:30-7:30AM	6-7 PM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE	5:30-6:30AM 6:30-7:30AM	MEECH LAKE	
RUN				SWIM		SWIM/CYCLE/RUN	
CYCLE				CYCLE		OPEN	
EVENTS				RUN		WATER	
				6:00-7:00PM		SWIM CAMP	
						# 8	
						7:30-9 AM	



INTEGRATED TRAINING SCHEDULE

AUGUST 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	31	1	2	3	4	5	6
SWIM	5:30-6:30AM 6:30-7:30AM		5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM CYCLE RUN 7:30-9 AM	
RUN							
CYCLE							
EVENTS							
	7	8	9	10	11	12	13
SWIM	<i>CLOSED</i>		5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM/CYCLE/RUN OPEN WATER SWIM CAMP # 9 7:30-9 AM	
RUN							
CYCLE							
EVENTS							
	14	15	16	17	18	19	20
SWIM	5:30-6:30AM 6:30-7:30AM		5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM	5:30-6:30AM 6:30-7:30AM	MEECH LAKE SWIM/CYCLE/RUN OPEN WATER SWIM CAMP # 10 7:30-9 AM	
RUN							
CYCLE							
EVENTS							
	21	22	23	24	25	26	27
SWIM	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM		MEECH LAKE SWIM CYCLE RUN 7:30-9 AM	
RUN							
CYCLE							
EVENTS							
	28	29	30	31		2-Sep	
SWIM	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	MEECH LAKE SWIM CYCLE RUN 6:00-7:00PM		MEECH LAKE SWIM CYCLE RUN 7:30-9 AM	
RUN							
CYCLE							
EVENTS							