July 2017  
This is a blank and printable July Calendar. Downloaded from [**WinCalendar.com**](http://www.wincalendar.com/Calendar-and-Schedule-Templates)

| ◄ [June 2017](http://www.wincalendar.com/Holiday-Calendar/June-2017) | **July 2017** | | | | | [August 2017](http://www.wincalendar.com/Holiday-Calendar/August-2017) ► |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  | 1 |
| 2 | 3 Aerobic Run  BLMS  Group1: 25 minutes  Group 2; 35 min  Group 45 min | 4  Happy 4th! No Practice today | 5 Aerobic Run  BLMS  Group1: 25 minutes  Group 2; 35 min  Group 45 min | 6 Aerobic Run  Beaver Lake Park 9:00 am  Group1: 20 minutes  Group 2; 30 min  Group 40 min  5 x 50 meter strides | 7 Cross Train  Cross Train!  Buke or Hike | 8 Aerobic Run  Run on your own!  Group1: 20 minutes  Group 2; 30 min  Group 40 min  5 x 50 meter strides |
| 9 | 10 TEMPO RUN  BLMS  Group1: 25 minutes  Group 2; 10 minute jog 10 min Tempo 10 min jog  Group 3: 45 15 min jog 15 min Tempo 15 jog | 11 Aerobic Run  Beaver Lake Park 9:00 am  Group1: 20 minutes  Group 2; 30 min  Group 40 min  5 x 50 meter strides | 12 Aerobic Run  BLMS  Group1: 25 minutes  Group 2; 35 min  Group 45 min  5 x 50 meter strides | 13 Long Run  Beaver Lake Park 9:00 am  Group1: 30 minutes  Group 2; 40 min  Group 50 min  5 x 50 meter strides | 14 Cross Train  Bike or Hike | 15 |
| 16 | 17  No Practice White pass camp this week! | 18  Run on your own or cross train this week! | 19 | 20 | 21 | 22 |
| 23 | 24 Aerobic run/hills  Issaquah Community Center  Group 1: 30 min  Grooup 2 45 min  Group 3 1 hour | 25 Tempo work  Beaver Lake Park  Group1: 25 minutes  Group 2; 10 minute jog 15 min Tempo 10 min jog  Group 3: 50 15 min jog 20 min Tempo 15 jog | 26 Long run  Issaquah Community Center  Group1: 30 minutes  Group 2; 45 min  Group 1 hour 10 min  5 x 50 meter strides | 27 Aerobic run  Beaver Lake Park 9:00 am  Group1: 20 minutes  Group 2; 30 min  Group 40 min  5 x 50 meter strides | 28  Cross Train! | 29  Run on your own!  Group1: 20 minutes  Group 2; 30 min  Group 40 min  5 x 50 meter strides |
| 30 | 31  Issaquah Community Center  Group 1: 30 min  Grooup 2 45 min  Group 3 1 hour | Notes: | | | | |

More Calendars with US Holidays: [Aug 2017](http://www.wincalendar.com/Holiday-Calendar/August-2017), [[Sep 2017](http://www.wincalendar.com/Holiday-Calendar/September-2017)](http://www.wincalendar.com/Holiday-Calendar/September-2017), [PDF Calendar](http://www.wincalendar.com/2017-Calendar-PDF)

Created with [WinCalendar](http://www.wincalendar.com/calendar-maker) Calendar Creator for Word and Excel

► For more layouts (60+), colors and for calendars with holidays download WinCalendar Calendar Maker.

► You can also import [Google Calendar](http://www.wincalendar.com/Google-Calendar-Import.htm), [Yahoo](http://www.wincalendar.com/Yahoo-Calendar-Import), [Outlook](http://www.wincalendar.com/Outlook-Calendar-Import.htm) & [Ical](http://www.wincalendar.com/Ical-to-Word-or-Excel) data onto created calendars.