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 RunBLMSGroup1: 25 minutesGroup 2; 35 minGroup 45 min | 4 Happy 4th! No Practice today | 5 Aerobic RunBLMSGroup1: 25 minutesGroup 2; 35 minGroup 45 min | 6 Aerobic RunBeaver Lake Park 9:00 amGroup1: 20 minutesGroup 2; 30 minGroup 40 min5 x 50 meter strides | 7 Cross TrainCross Train!Buke or Hike | 8 Aerobic RunRun on your own!Group1: 20 minutesGroup 2; 30 minGroup 40 min5 x 50 meter strides |
| 9  | 10 TEMPO RUNBLMSGroup1: 25 minutesGroup 2; 10 minute jog 10 min Tempo 10 min jogGroup 3: 45 15 min jog 15 min Tempo 15 jog  | 11 Aerobic RunBeaver Lake Park 9:00 amGroup1: 20 minutesGroup 2; 30 minGroup 40 min5 x 50 meter strides | 12 Aerobic RunBLMSGroup1: 25 minutesGroup 2; 35 minGroup 45 min5 x 50 meter strides | 13 Long RunBeaver Lake Park 9:00 amGroup1: 30 minutesGroup 2; 40 minGroup 50 min5 x 50 meter strides | 14 Cross TrainBike 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/hillsIssaquah Community Center Group 1: 30 minGrooup 2 45 minGroup 3 1 hour | 25 Tempo workBeaver Lake ParkGroup1: 25 minutesGroup 2; 10 minute jog 15 min Tempo 10 min jogGroup 3: 50 15 min jog 20 min Tempo 15 jog | 26 Long runIssaquah Community Center Group1: 30 minutesGroup 2; 45 minGroup 1 hour 10 min5 x 50 meter strides | 27 Aerobic runBeaver Lake Park 9:00 amGroup1: 20 minutesGroup 2; 30 minGroup 40 min5 x 50 meter strides | 28 Cross Train! | 29 Run on your own!Group1: 20 minutesGroup 2; 30 minGroup 40 min5 x 50 meter strides |
| 30  | 31 Issaquah Community Center Group 1: 30 minGrooup 2 45 minGroup 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.