



## July 2018 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9am Endurance	7:30am Interval 5:30pm Endurance	5am Endurance 9:30am Interval	6am Interval 9:45am Strength 5:30pm Endurance	5am Strength 9:30am Endurance 5:30pm Strength	5:30am Strength 9:30am Strength	8:30am Endurance
8	9	10	11	12	13	14
9am Interval	8:30am Strength 5:30pm Interval	5am Strength 9:30am Endurance	6am Endurance 9:45am Interval 5:30pm Interval	5am Interval 9:30am Strength 5:30pm Endurance	5:30am Endurance 9:30am Interval	8:30am Interval
15	16	17	18	19	20	21
9am Strength	8:30am Endurance 5:30pm Strength	5am Interval 9:30am Strength	6am Strength 9:45am Endurance 5:30pm Strength	5am Endurance 9:30am Interval 5:30pm Interval	5:30am Interval 9:30am Endurance	8:30am Strength
22	23	24	25	26	27	28
9am Endurance	8:30am Interval 5:30pm Endurance	5am Endurance 9:30am Interval	6am Interval 9:45am Strength 5:30pm Endurance	5am Strength 9:30am Endurance 5:30pm Strength	5:30am Strength 9:30am Strength	8:30am Endurance
29	30	31				
9am Interval	8:30am Strength 5:30pm Interval	5am Strength 9:30am Endurance				