

July 2023

Jack Britt X Country



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Dead Period 2	Dead Period 3	Dead Period 4	Dead Period 5	Dead Period 6	Dead Period 7	Dead Period 8
Dead Period 9	10 WORKOUTS 8 AM – 9:30	11 WORKOUTS 8 AM – 9:30	12 WORKOUTS 8 AM – 9:30	13 WORKOUTS 8 AM – 9:30	14	15
16	Dead Period 17	Dead Period 18	Dead Period 19	Dead Period 20	Dead Period 21	Dead Period 22
Dead Period 23	24 WORKOUTS 8 AM – 9:30	25 WORKOUTS 8 AM – 9:30	26 WORKOUTS 8 AM – 9:30	27 WORKOUTS 8 AM – 9:30	28	29
30	31 *TRYOUTS 8-9:30 am	1 *TRYOUTS 8-9:30 am	2 *TRYOUT 8-9:30 am	3 WORKOUTS 8 AM – 9:30		