

JULY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Gymanastic Skill: Rope Climb	2	3 Primary Strength: Squat Clean	4	5 2nd Strength: Jerks	6
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	8	9 Primary Strength: Squat Clean	10	11 2nd Strength: Jerks	12 CF Girl: "FRAN"	13 Gymanastic Skill: Rope Climb
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	15	16	17 Primary Strength: Squat Clean	18 Gymanastic Skill: Rope Climb	19	20 2nd Strength: Jerks
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	22 Mystery Triplet: 3 Unknown Interval Lengths	23 Primary Strength: Squat Clean	24 Gymanastic Skill: Rope Climb	25	26 2nd Strength: Jerks	27
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	29	30	31 1st & 2nd Strength: Max Clean & Jerk Row 500 TT	PROGRESSIONS: ✓ Primary: Squat Clean ✓ Secondary: Jerks ✓ Skill: Rope Climbs		BENCHMARKS: ✓ Lift: Clean & Jerk ✓ CF Girl: Fran ✓ Other: 500m Row
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			