



SOUTHWEST PROJECT

XC Week

-9

The Southwest Project Newsletter 9 Weeks to Go

Not a lot of big changes planned for the week but let's start developing out habits & routines as we get the entire crew back from their time off. The best way to keep in touch is to sign up for Remind (Text @bvswwxc20 to the number 81010). "When" changes to our schedule happen, it will be sent through remind & email. You can also follow us on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season.

I am keeping the BVSX XC Website updated, check it out! <https://ajballew.wixsite.com/bvswwxc>

Things Moving Forward

Pancake Breakfast last Friday

I wanted to give a BIG THANK YOU to the Paschke's for hosting the pancake breakfast at their home Friday.

Make sure you SIGN UP for the Conditioning programs

Please make sure you sign up for the appropriate Conditioning program & pay the \$35 fee. Sign up Deadline is July 5th. You can continue to do the conditioning program even if you don't sign up, we will NEVER turn anyone away, but you will NOT receive a T-shirt or have the opportunity for Mileage/Performance Challenges.

Returning XC Runners

<https://forms.gle/qdVhyCzq2HRyJo6i6>

NEW XC Runners

<https://forms.gle/BKcdXW16YbUSwKU99>

Middle School Runners

<https://forms.gle/SFiuvEsx8x9C4U218>

Summer Conditioning Webpage

Check out the BVSX Summer Conditioning Page for Details about our conditioning program.

<https://ajballew.wixsite.com/bvswwxc/about>

Signing & using Strava (Online Training Notebook)

Strava is an online training website that will track & log all runs/workouts for runners, cyclists & swimmers. It is the preferred method to track our training for the season. See the webpage below for help setting up a profile.

<https://ajballew.wixsite.com/bvswwxc/news-updates-2>

Training Challenges

Mileage T-Shirts

The first challenge is based on the number of miles that are logged between June 1st & August 28th. Miles have to be logged on Strava for them to count.

Maestro on the Mills

This is a performance challenge based on an athlete's time on the Hill on Quivira from Century Farms to the roundabout at 175th. We will run this segment every Monday through the entire Summer & a few times

"Are you on the Journey to the Summit of Great?"

Details about Both Challenges can be found on this link https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_39757ae0301e4ce6aae46396b738288c.pdf

Things to put on your Calendar

Olympic Trials Watch Party (June 21st)

We are going to have a watch party in the BVSW Commons on June 21st at 7:00pm. Those going to T.A.P.P. that evening will be able to just walk over to the commons after your workout. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

Lenexa Freedom Run (July 3rd)

If you are interested in testing your fitness, come early July, the Lenexa Freedom run is the perfect introduction into racing the 5k distance. Link below if you want to sign up. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

<https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

Rocky Mountain Road Trip (July 16th-22nd)

The specifics for the trip have changed based on costs & lack of a 2nd driver. We will be taking a 15-passenger van but will have to limit the numbers to save room for Luggage & storage. We will be inviting Seniors & Varsity athletes first. Be on the lookout for specific details this week. If we can reach 12 kids it will cost \$700

Worlds of Fun (TBA)

We are in the planning stage of having a summer day trip to Worlds of Fun. We will create a signup form & send that out in the next few weeks. We can get tickets at a much cheaper cost than normal if we pay as a group. A date will be determined shortly. Be on the lookout. **This is open to all High School Runners.**

Daily Schedule for Week -9

| Day | Date | Location | Time – Who | Workout Details |
|-----------|---------|-------------------------------|--|---|
| Monday | June-14 | Verhaeghe Park BVSW (W.R.) | 6:30am – Returners 6:00pm –Return/NEW** | -WU, Steady Run “Mills”, 4xBU’s |
| Tuesday | June-15 | BVSW Fields BVSW (W.R.) | 6:30am – Returners 7:00am – NEW/MS* 6:00pm – Returners** | -SPWU, Speed Development, Hills Core X, CD |
| Wednesday | June-16 | | | -XT or Rest |
| Thursday | June-17 | Deanna Rose BVSW (W.R.) | 6:30am – Returners 6:00pm –Return/NEW** | -WU, Steady Run, 4xBU’s |
| Friday | June-18 | Deanna Rose | 6:30am – Returners 7:00am – NEW/MS* | -WU, Recovery Run, 4xBU’s, SAM |
| Saturday | June-19 | Quivira Park | 7:00am - Returners | -WU, Long Run, 4xBU’s, Stretch/Roll Out |

*Any New Runners & Middle School Students should meet at 7:00am at the location indicated

**TAPP Meet by the Weight Room in the main GYM at BVSW. Athletes running a double meet outside.

“Are you on the Journey to the Summit of Great?”