



SOUTHWEST PROJECT

Weeks to Go

-8

The Southwest Project Newsletter 8 Weeks to go.

Happy Father's Day to all of the dad's in our running family! We now be getting into the full swing of our summer conditioning so please let me know if you will be out of town & do your best to keep training. Stay up to date follow us on Twitter & Instagram (@BVSWDistance) we will send out information about the season. I am keeping the BVSX XC Website updated, check it out! www.bvswxc.com

Things Moving Forward

Sign up for NEW Remind 101

Please click the link below to sign up for text message updates for the 2023 XC season.

<https://www.remind.com/join/bvswxc23>

Another way to sign up for Remind is to **text the message "@bvswxc23" to the number 81010**

Sign up for Summer Conditioning - \$20 or help with Pancake Breakfasts

If you are new, returning, or simply want to try our summer program out, all are welcome.

-New to XC athletes – Please fill out the form below if you haven't already

<https://forms.gle/2x7cmNR2J17Vjn7E9>

-Returning XC athletes – Contact me if you have any questions, or if you have an updated email

We are asking for **\$20** paid to our Venmo account (**@Southwestproject**) or you can turn in a check made out to the **BVSX Cross Country team to the school directly**. That money goes to pay for a Southwest project T-shirt for the athletes & the food for pancake breakfasts.

Pancake Breakfast at the Malinowski's Friday

The Pancake breakfast this week will be at the home of the Malinowski's this week! Thank you so much in advance for hosting. We will meet at their home at 6:30am (normal time) on Friday & run from there before we eat breakfast. If you are interested in helping, there are a few spots available to sign up for below.

11413 W 153rd St, OVP 66221

<https://forms.gle/1uMwFKJSsU8uFGCS6>

Philosophy on athletes doing a "Double"

A "Double" is anytime an athlete completes TWO runs in a day (morning & afternoon). They can also be called "two-a-days," but that term scares many people. There are many WRONG ways to do these "doubles" that will burn the athlete out, instead of providing proper recovery & growth. In the summer, morning sessions are the "Main Session," with the evening being a "rec run". The "rec run" session will consist of a SLOW (8-10 min/mi pace) jog between 3miles – 30mins maximum. For our ELITE group, this is the best way to break up the 9-11-mile days that will be required when we reach our peak for the season. Doing a double is also a great way for a young/new runner to work their way up to the next training tier (Elite, Black or Green) without adding more miles to their Main Sessions. All athletes can benefit from these sessions, but for young & new runners, the rec runs may need to start as short as 1 mile / 10 mins & work their way up over time. These runs pair well with strength exercise for help with injury prevention, running economy & boosts in testosterone.

TAPP Continues this Week

TAPP is run by coach Buehler from 6:00pm to 7:00pm. If you are going on a "rec run", we meet at 5:30pm at south entrance to be done running by 6:00pm. If you are NOT doing a double, plan on meeting at 6:00pm.

"Are you On the Journey to the Summit of Great"

Weather & Cancellation Procedure

Unfortunately, weather is always a possible issue throughout the summer. We want to run even if it is raining but NOT if there is lightning in the area. We will send out messages through Remind, Email, & posts on social media (Twitter & Instagram - @BVSWDistance) to let you know if we must cancel or move practice.

Updated BVSX XC Website – www.bvswxc.com

We have updated the BVSX Cross Country website with a brand-new domain name... www.bvswxc.com will be your one stop shop for all things cross country this season. Check out the website for all information about summer & fall practices, meets & team bonding.

Signing up & using Strava (Online Training Notebook)

Strava is an online running website that will track & log all runs/workouts for runners, cyclists & swimmers. It is a fun way to track our training for the XC season. If you haven't signed up for it yet, please do so we can maximize the most out of our training this summer! See the webpage below for help setting up & posting.

<https://www.bvswxc.com/news-updates-2>

Lenexa Freedom Run (July 4th)

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>

Family Team Breakfast (August 26th)

Please save the date for our Team breakfast scheduled for the August 26th at 9:00am at the BVSX concession stands near the track & soccer field. This event is open to ALL BVSX athletes, families & friends. We will send out more information as the season gets closer.

2023 Meet Schedule on Website

The website has been updated with our planned meet schedule for the 2023 season. Please take a look at it through the link below. Everything is subject to change, but one weekend is very much uncertain (Oct 5-7th). Our normal Heartland Relays Carnival may not happen this year, so we may be looking for other options.

<https://www.bvswxc.com/copy-of-meet-info-2022>

Daily Schedule for Week -8

Day	Date	Location	Time – Who	Workout Details
Monday	June-19	BVSX Track *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-FullWU, CV +Reps , CD, Roll, Leg Elev -Recovery Jog / TAPP Lifting
Tuesday	June-20	Verhaeghe Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-LL, Recovery , BU's, H/T, Stretch -Recovery Jog / TAPP Lifting
Wednesday	June-21		On Your Own	-1/2WU, Steady , 4xBU's, H/T, Leg Elev
Thursday	June-15	Black Bob Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-FullWU, Tempo , Roll, Leg Elev -Recovery Jog / TAPP Lifting
Friday	June-16	**Malinowski's Home	6:30am – ALL	-LL, Recovery , BU's, H/T, Stretch
Saturday	June-17	Deanna Rose	6:30am - ALL	-1/2WU, Steady , BU's, H/T, Roll

*TAPP. If you are doing a double run for the day, meet at 5:30pm outside south entrance, If NOT meet at 6pm

**We will be at the home of the Malinowski's 11413 W 153rd St, OVP 66221

“Are you On the Journey to the Summit of Great”