



SOUTHWEST PROJECT

Weeks to go

-6

The Southwest Project Newsletter 6 Weeks to Go

Happy 4th of July! We will NOT be meeting this week due to the KSHSAA Moratorium week going into effect. We will pick back up on Monday July 11th, but we need you to continue to train on our own. This is a very important time in our conditioning, we are at the halfway point of the summer & how we finish the next 6 weeks will spring-board us into the fall. The best way to keep in touch is to sign up for Remind ([Text @bvswxc22](https://www.remind.com) to the [number 81010](https://www.remind.com)). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](https://twitter.com/BVSWDistance) & [Instagram](https://www.instagram.com/BVSWDistance) ([@BVSWDistance](https://www.instagram.com/BVSWDistance)) where I will send out cool information throughout the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

No Coach-led Practices This week (July 4th- July 10th)

We will not be meeting for Practices this week (July 4th-10th) due to the KSHSAA moratorium rule that went into place a few years back. Coaches are not allowed to attend, but I will encourage the upperclassman & leaders on the team to reach out & organize running meetups on your own. We will be back together on Monday at BVSX on July 11th.

No TAPP This week (July 4th- July 10th)

Coach Buehler & I will be at the Heartland Distance Summit that evening. Talk with coach Buehler about what he would like you to do that night, but it will have to be on your own. Find the internal discipline to hold yourself accountable & get the work done!

Freedom Run (4th of July)

We had a great turnout at the 4th of July Lenexa Freedom Run Monday. It was nice to see all of the fast results on a very hot & humid morning. You can find all results using the link below

<https://runsignup.com/Race/Results/73841?resultSetId=196690#resultSetId-326383;perpage:100>

Colorado Team Camp July 13th-17th

We will be going off on our Colorado Summer Trip July 13th-17th. I sent out special sign-ups for this to all returning runners earlier in the spring. We still have a few spots available for ANY 9-12th grade athletes to attend our trip. If you are interested, please email me (ajballew@bluevalleyk12.org)

Southwest Project Track Club for Summer Conditioning Fee

The returning, new & middle school programs will **cost \$35**, paid to the **Southwest Project Track Club**

Strava (Online Training Notebook)

If you haven't signed up for Strava yet, please do so. It is our way of logging miles for the summer challenges. You do not need a GPS watch to use it. Runs can be put in manually. Just sign up for a free account & join the Southwest Project Track Club Group.

Summer Conditioning Webpage

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

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

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

Training Challenges

Details about Both Challenges can be found on this link https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_403baf4763264a81b6ea89cf3e1a016d.pdf

Things to put on your Calendar

Colorado Team Camp July 13th-17th

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Family Team Breakfast (August 27th)

Please save the date for our Team breakfast scheduled for the August 27th at 9:00am at the BVSU concession stands near the track & soccer field. This event is open to ALL BVSU athletes, families & friends. We will send out more information as the season gets closer.

Fall Meet Schedule

Below is a link to the fall cross country season meet schedule. The dates & all information about the events will be updated as that information comes in. <https://ajballew.wixsite.com/bvsuwc/copy-of-meet-info-2021>

Daily Schedule for Week -6

Day	Date	Location	Total Miles	Workout Details
Monday	July-4	On Your Own	Elite – 8mi Black – 7mi	-Full WU, 5k Race, Ex-CD, leg elevations, Roll, Stretch
Tuesday	July-5	On Your Own	Elite – 8mi Black – 7mi	-AM - LL, Recovery, H/T walks, 4xBU's, Stretch -PM Double – rec Run
Wednesday	July-6	On Your Own	Elite – 4mi Black – 3mi	-Rec Run, SAM
Thursday	July-7	On Your Own	Elite – 9mi Black – 8mi	-AM – 1/2WU, 3mi, 2mi, 1mi @Steady (1min rec), 6xBU's, H/T Walks, Roll -PM Double – rec Run
Friday	July-8	On Your Own	Elite – 5mi Black – 4mi	-LL, Recovery, 4xBU's, H/T walks, Stretch
Saturday	July-9	On Your Own	Elite – 11mi Black – 9mi	-1/2WU, 4mi, 3mi, 2mi, 2x1mi @Steady (1min rec), 4xBU's, H/T Walk, Leg Elevations

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