



SOUTHWEST PROJECT

XC Week

3*

The Southwest Project Weekly Newsletter

This was a tough week for me & I'm assuming you as well. I could tell there was a level of frustration & confusion over everything that has taken place. This is a really important week in terms of training, so stay disciplined and get your runs posted on Strava. The best way to keep in touch is to sign up for Remind ([Text @bvswxc2](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 on [Twitter & Instagram \(@BVSWDistance\)](https://twitter.com/BVSWDistance) where I will send out cool information about the season.

Things for this week

No Practice this week (but hopefully that will change soon)

This will be our 2nd week of "distance training" (that's a joke on "distance learning"). Please keep posting workouts on Strava & tuning in/watching the I.G. Live videos on Instagram. I will start going Live on Instagram at 7:00am since it is now dark at 6:30am. You don't have to be up at that time to watch the video but check it out before you go out on your run so you can best complete the workout & get any important messages about the day.

Hopefully we will get good news at the end of the week that will allow us to begin practicing Next Monday (September 7th). If that is the case, we will pick back up where we left off. Due to needing 14 practices, our first meet would be on September 19th (not sure of the location yet). If the district does not let us go back to practice next week there are a handful of other options we are considering.

Message for the Athletes

Motivation is a difficult thing to keep going. At the start of seasons, or before your first race its easy to get excited. Motivation will eb and flow through a season but it is discipline that keeps you on the track for success. Discipline isn't flashy or exciting, but it is the thing that gets you out of your comfortable bed, lace up the shoes & get out the door no matter how bad you just want to sleep for another 30 minutes. You don't have to be motivated to run, but you do have to be disciplined! Take control of your emotions & don't let the ups and downs of 2020 take you away from being your ideal self! We all have it in us to push through the tough times, lets do it together!

"On Your Own" Practices

I love to see that many of you are continuing to get your training in and doing it with your teammates is a great way (under normal conditions) to help hold yourself accountable. But... Please do your best to follow the same basic practice procedures that we were implementing during our first week.

1. Wear your mask when not running (including hanging out before & after, Core work, or walking)
2. Keep 6-10ft apart at much as possible (especially before, after, or in between reps of a workout)
3. Don't meet with other runners if you are not feeling well, or showing symptoms of COVID-19
4. Don't share water bottles or any other equipment

I don't want anyone to pass the virus onto another person on the team unknowingly. The definitive characteristic of this virus is that it is EASILY transferable, that is why it has been so difficult to stop.



KSHSAA “Alternative Fall” Season Approved

As of the moment this does not mean anything for until our season is officially canceled by the district. If it is canceled outright, there is a possibility that we would have an “alternative” season in the Spring starting March 1st & going to late April. Track & Field could be pushed back a 4 weeks and extend into the summer. This is not an ideal plan even if we don’t have a season, but is something that we would look at if it happens.

Email, Remind, Strava & Instagram Live

The plan for the athletes is to stay on track with our training! Even though we can’t meet as a group, we can still train & get better! Some of our competition will be in the same boat (some are not) but we have an opportunity to gain an advantage if we stick to our plan! Do your best to stay in touch through the options that we have available.

Here are links to Remind, Strava & my Instagram accounts to stay in communication.

Strava

<https://www.strava.com/clubs/456807>

-How to Sign up for Strava & The Southwest XC Club

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

Remind 101

<https://www.remind.com/join/bvswxc2>

BVSW Instagram

<https://www.instagram.com/bvswdistance/>

Spiritware is on hold – for the moment

I will send out more information about Spiritware & T-shirts as more concrete decisions are made about our season.

Daily Schedule for Week 3

Day	Date	Location	Time	Workout Details
Monday	31-Aug	O.Y.O. (On Your Own)	7:00am-I.G. Live* (Or, On Your Own)	-Rest or Recovery Run (Athletes choose either Sunday or Monday)
Tuesday	1-Sep	O.Y.O. (On Your Own)	7:00am-I.G. Live* (Or, On Your Own)	WU, 4-6 x 150m Sprints, Extended CD, Core
Wednesday	2-Sep	O.Y.O. (On Your Own)	7:00am-I.G. Live* (Or, On Your Own)	WU, 4-8 x 800 @10k (w/50m Surges) (2min rec), CD
Thursday	3-Sep	O.Y.O. (On Your Own)	7:00am-I.G. Live* (Or, On Your Own)	-Easy Run
Friday	4-Sep	O.Y.O. (On Your Own)	7:00am-I.G. Live* (Or, On Your Own)	-Recovery Run, 4xStrides, Stretch & Roll Out
Saturday	5-Sep	O.Y.O. (On Your Own)	7:00am-I.G. Live* (Or, On Your Own)	WU, 5k Tempo or RACE, CD
Sunday	6-Sep	O.Y.O. (On Your Own)		-Long Run (Or Rest, Athletes choose either Sunday or Monday)

*I.G. Live: Instagram Live. Login to Instagram & view a live video of our pre-practice meeting by me. You will also be able to view the video later in the day if you choose to workout at a different time. Post your workouts on Strava.

*Check out the website for details if you need the exact locations of practices. https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

