



SOUTHWEST PROJECT



Weeks to Go

-7

The Southwest Project Newsletter 7 Weeks to go.

This is the KSHSAA moratorium week. We will not be able to meet as a group with coaches & athletes. Team leaders have been empowered to set up a schedule for training & to reach out to all runners in the program. The Lenexa Freedom Run is a great opportunity to test your fitness at this early point in the season. To stay up to date & follow us on [X \(Twitter\)](#) & [Instagram \(@BVSWDistance\)](#) where I will send out cool information about the season. Join the GroupMe: https://groupme.com/join_group/100852708/OdwPn0bo
For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Moratorium Week: Training Details

The KSHSAA has told us that we are not able to meet with kids nor use school facilities during this week. Despite that we need our XC runners to stay on top of their training this week. The workouts will be pushed out through Garmin Clipboard. If athletes have a Garmin watch & Clipboard App they can join the “XC Team” through the details below to get all of the workouts & choose their training group (White, Green, Black, Elite). If you are NOT on Clipboard (that is ok) you can access the workout details using the link below.
Work out details here: https://www.bvswxc.com/files/ugd/ab0cb5_764398837fa8471eb78f6b7e5af3056d.pdf

Thank You's for the Pancake Breakfast

Big THANK YOU to the Roberts family for hosting the pancake party last Friday. Despite the rain, it was a great experience for all the kids. Thank You to Mr. Brewington & Mrs. Harger for helping! We couldn't do these fun things without the commitment that the parents give to our program!

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>

Rocky Mountain Road Trip

The trip will be a small group which will leave at 9:30am on Friday July 12th & Return Wednesday July 17th. Trip Details will be sent out with an itinerary in the next week. I look forward to the experience! Details about the practice schedule while we are out will be sent out in next week's Newsletter.

THINGS THAT STILL APPLY

Garmin Clipboard & Strava

Recently a GroupMe & Email was sent out to join the BVSX Cross Country **Garmin Clipboard app**. This is a way we can send workouts to your watches (if you have a Garmin GPS watch). Download the app on your phone, sign-in/up & put in the invite code. **The Invite Code: TV4390**

Strava is an online website (like Garmin Connect) where runs can be uploaded to but is/can be used more as a “running social media” site (there are many privacy settings too). You DO NOT need a Garmin watch specifically to be a part of it. BVSX Cross Country also has a Strava page/group that all athletes, parents & coaches can join: <https://www.bvswxc.com/news-updates-2>

“Are you On the Journey To the Summit of Great?”

2024 Meet Schedule Posted

I have a rough draft our meet schedule for the 2024 Fall season (All dates/meets are subject to change). All Meet info will be posted there. Meet Info 2024 page: <https://www.bvswxc.com/copy-of-meet-info-2023>

Sign up for NEW GroupMe

This year we will be using GroupMe as our messaging system. We will mainly use it for last minute changes to the schedule or for very important information needs to be sent out quickly. It is for both Parents & Athletes. Link: https://groupme.com/join_group/100852708/OdwPn0bo

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 GroupMe, Email, & posts on social media (Twitter & Instagram - **@BVSWDistance**) to let you know if we must cancel or move practice.

Updated BVSW XC Website – www.bvswxc.com

We have updated the BVSW Cross Country website... 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.

Daily Schedule for Week -7

Day	Date	Location	Time – Who	Workout Details
Monday	July-1	On Your Own	TBA (AM) TBA (PM)	-FullIWU, Fartlek , CD, Leg Elevations -Dbl-rec + (550 or 30/30)
Tuesday	July-2	On Your Own	TBA (AM) TBA (PM)	-LL, Recovery Run , 4xBU's, HT, Strch -Dbl-rec + (550 or 30/30)
Wednesday	July-3	On Your Own	TBA	- LL, Recovery , 4xBU's, HT, Strch, Leg Elv
Thursday	July-4*	Old-Town Lenexa*	7:00 AM*	-FullIWU, RACE (or 3mi L/T), ExCD, Leg Elv
Friday	July-5	On Your Own	TBA (AM) TBA (PM)	-LL, Recovery Run , 4xBU, HT, Strch --Dbl-rec + (550 or 30/30)
Saturday	July-6	On Your Own	TBA	-1/2WU, Easy , 4xBU, HT, Leg E

TAPP will NOT meet at the weight room in BVSW

*Lenexa Freedom Run: is a local 5k road race, it is completely optional to run or not (race time 7am)

LL = Lunge & Leg Swing

BU's = Build ups/Strides

H/T = Heel Toe Walks

Strch = Stretching Routine

(See for more details): https://www.bvswxc.com/files/ugd/ab0cb5_764398837fa8471eb78f6b7e5af3056d.pdf

ExCD = Extended Cool Down

Leg Elev = Leg Elevations

Roll = Foam Rollers &/or Massage Guns

L/T = Threshold Pace

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