



# SOUTHWEST PROJECT

-6

Weeks to XC

## The Southwest Project

I hope you all enjoyed your Independence day week & will be returning with all of your fingers. I look forward to seeing everyone again Monday July 8<sup>th</sup> at Black Bob Park. 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)). If any changes to our schedule happen it will be sent there & through email. You can also follow on Twitter ([@BVSWDistance](https://twitter.com/BVSWDistance)) where I will send out cool information and updates about the season.

## Things for this week

### Practices resume Monday

We will resume our normal Monday, Tuesday, Thursday, Friday training schedule this week at Black Bob Park. We are looking to increase both mileage & quality workouts through the next 6 weeks before the XC season starts. Don't let this week "off" derail the great work we have all put in so far this summer!

If you haven't been in regular attendance to this point, this is a great "restart" opportunity to build 6 weeks of good base training so the regular season isn't as much of a "shock" to your fitness.

On July 4<sup>th</sup>, The City of Lenexa hosted a really great 5k/10k race. It was definitely Hot & Humid. I saw a handful of BVSU runners out there. Shout out to Gabe McGee, Sam Grimsley, Brenden Duncan & Alumni Dylan Miller for making it out to the race.

Results from the race can be found in the link below

[http://onlineraceresults.com/race/view\\_race.php?race\\_id=68939&submit\\_action=select\\_result&order\\_by=default&group\\_by=default#results](http://onlineraceresults.com/race/view_race.php?race_id=68939&submit_action=select_result&order_by=default&group_by=default#results)

### Saturday Inter-District Long Run this week

We will be meeting out at Lake Lenexa at 7am this Saturday for our inter-district Long run. It is a great venue to run at & If you haven't been out there before it will provide some beautiful new scenery for you to enjoy. We will meet at Monticello Rd between Prairie Star Pky & 83rd in Shawnee.

### Slight change of days to T.A.P.P. this week

TAPP will be on Tuesday, Wednesday & Thursday this week at 6:00pm near the fitness center this week.

### Summer Conditioning for Middle School Continues

Middle School runners are still invited to train with us on Monday & Friday this week!

### BVSW XC Website!

The link on the school's athletic page will now take you to the new website. Make sure you check it out for details on all thing's BVSW cross country

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

