



# SOUTHWEST PROJECT

XC Week

-7

## The Southwest Project Newsletter 7 Weeks to Go

Hopefully your week is off to a good start. We will NOT be meeting as a group this week due to KSHSAA moratorium guidelines. The Upper Classman will organize practice for returning athletes in the off week. The best way to keep in touch is to sign up for Remind ([Text @bvswxc20](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 about the season.

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

## **Things Moving Forward**

### BIG THANK YOU to the Ellis’s for hosting our Pancake Breakfast)

Thank you to the entire Ellis family for hosting our pancake breakfast last Friday. Things went great & I hope everyone was respectful & picked up after themselves.

### Make sure you SIGN UP for the Conditioning programs

Please make sure you sign up for the appropriate Conditioning program. This will be your last week to do so if you haven’t. I will be ordering the **T-Shirts on JULY 5<sup>TH</sup>** so if you haven’t signed up you will not receive one when they get in.

#### **Returning XC Runners**

<https://forms.gle/qdVhyCzq2HRyJo6i6>

#### **NEW XC Runners**

<https://forms.gle/BKcdXW16YbUSwKU99>

#### **Middle School Runners**

<https://forms.gle/SFiuvEsx8x9C4U218>

### Summer Conditioning Webpage

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

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

### Signing & using Strava (Online Training Notebook)

Strava is an online training website that will track & log all runs/workouts for runners, cyclists & swimmers. It is the preferred method to track our training for the season. See the webpage below for help setting up a profile.

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

### Training Challenges

#### **Mileage T-Shirts**

The first challenge is based on the number of miles that are logged between June 1<sup>st</sup> & August 28<sup>th</sup>. Miles have to be logged on Strava for them to count.

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

## Maestro on the Mills

This is a performance challenge based on an athlete's time on the Hill on Quivira from Century Farms to the roundabout at 175<sup>th</sup>. We will run this segment every Monday through the entire Summer & a few times. Details about Both Challenges can be found on this link [https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_39757ae0301e4ce6aae46396b738288c.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_39757ae0301e4ce6aae46396b738288c.pdf)

## Things to put on your Calendar

### Lenexa Freedom Run (July 3<sup>rd</sup>)

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 (July 16<sup>th</sup>-22<sup>nd</sup>)

I have sent out emails to the invited athletes. Thank you to those that were able to respond back quickly. If you did not receive an invitation I apologize, but space is limited & we will make sure the 2022 trip is even bigger & better!

### Worlds of Fun (TBA)

We are in the planning stage of having a summer day trip to Worlds of Fun. We will create a signup form & send that out in the next few weeks. We can get tickets at a much cheaper cost than normal if we pay as a group. A date will be determined shortly. Be on the lookout. **This is open to all High School Runners.**

## Daily Schedule for Week -7

Day	Date	Location	Time – Who	Workout Details
Monday	June-28	Not Meeting**	AM – On Your Own PM – On Your Own	-WU, Steady Run "Mills", 5xBU's -Recovery Run
Tuesday	June-29	Not Meeting**	AM – On Your Own PM – On Your Own	-SPWU, 6x8s Hills, Core X, CD -Recovery Run
Wednesday	June-30	Not Meeting**	AM – On Your Own	-Steady/Recovery, XT or Rest
Thursday	July-1	Not Meeting**	AM – On Your Own PM – On Your Own	-WU, Steady Run, 5xBU's -Recovery Run
Friday	July-2	Not Meeting**	AM – On Your Own	-WU, Recovery Run, 4xBU's, SAM
Saturday	July-3	Lenexa - Pflumm & 91 <sup>st</sup> *	AM – RACE DAY*	-WU, RACE/Tempo, CD*

\*Meet in old-town Lenexa, Start of the race is on Santa Fe Trail Dr & Pflumm.

\*\* KSHSAA Moratorium week prevents us from meeting this week.

*"Are you on the Journey to the Summit of Great?"*