



SOUTHWEST PROJECT

XC Week

-6

The Southwest Project Newsletter 6 Weeks to Go

Welcome back everyone! I hope you enjoyed your 4th of July weekend but we are back at it starting Monday. As we transition into July we will be adding different components into our training. Be ready to see a few new things while keeping mileage fairly high. The best way to keep in touch is to sign up for Remind ([Text @bvs wxc20](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/bvs wxc>

Things Moving Forward

Pancake Breakfast July 9th home of the Wasinger’s

We will meet at the Wasinger’s home for our 3rd Pancake Breakfast at 6:30am (returners) & 7:00am (Middle School & New Runners). We will run from the address below & ready to eat after we get back.

11300 W 175th St. Overland Park, KS

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 MONDAY JULY 5TH** 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. You will see this week we will finish out 6 week long base (Phase I) as we emphasize Speed & Long Runs.

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

Training Challenges

Mileage T-Shirts

The first challenge is based on the number of miles that are logged between June 1st & August 28th. 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 175th. 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

Lenexa Freedom Run Results

We had some great performances along with a few PR's out at the Lenexa Freedom run Saturday. Final results can be found on the link below. I was so proud of the group that came & I think we got our summer off to a great start. Now we will begin a very important 8 week training block as we build up to our first meet of the XC season in September.

<https://runsignup.com/Race/Results/73841#resultSetId-260269;perpage:100>

Things to put on your Calendar

Rocky Mountain Road Trip (July 16th-22nd)

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!

Coach Buehler will be hosting the practices while we are out of town. We will still meet at the normal time & locations for all other runners.

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 -6

Day	Date	Location	Time – Who	Workout Details
Monday	July-5	Verhaeghe Park BVSW (W.R.)	6:30am – Returners 6:00pm –Return/NEW**	-WU, Steady Run "Mills", 5xBU's -Recovery Run
Tuesday	July-6	BVSW Track BVSW (W.R.)	6:30am – Returners 7:00am – NEW/MS* 6:00pm – Returners**	-SPWU, 6x10s Hills, Core X, CD -Recovery Run
Wednesday	July-7			-Steady/Recovery, 4xBU's, XT or Rest
Thursday	July-8	I-Lan Park BVSW (W.R.)	6:30am – Returners 6:00pm –Return/NEW**	-WU, Steady Run, 5xBU's -Recovery Run
Friday	July-9	Wasinger's Home***	6:30am – Returners 7:00am – NEW/MS*	-WU, Recovery Run, 4xBU's, SAM
Saturday	July-10	Quivira Park	7:00am - Returners	-WU, Long Run, CD

*New Runners & Middle School athletes arrive at the location at 7:00am

**All High School athletes are invited to the TAPP strength development program at the BVSW weight room

***Meet at the Wasinger's Home 11300 W 175th St. Overland Park, KS

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