



SOUTHWEST PROJECT

Weeks to Go

-6

The Southwest Project Newsletter 6 Weeks to go.

Moratorium Week is upon us. During this time, we as coaches are not allowed to work with you nor allow athletes to use facilities in any official capacity. Please keep training on your own & sign up for a 4th of July 5k if you have the ability/time. Contact me with any questions about training or other issues that come up. Stay up to date follow us on Twitter & Instagram (@BVSWDistance) we will send out information about the season. I am keeping the BVSX XC Website updated, check it out! www.bvswxc.com

Things Moving Forward

No Coach-led Practices This week (July 3rd - July 9th)

We will not be meeting for Practices THIS week (**July 3rd - July 9th**) due to the KSHSAA moratorium rule that went into place a few years back. Coaches are not allowed to attend, but we encourage the upper-classman & leaders on the team to reach out & organize running meetups on your own. TAPP & the BVSX weight rooms are closed during this week. Doing body weight lifting like a 30/30's, 550's, grab a weight & do an Iowa State & other lower body jumps are great exercises to do in the evenings.

Training Plan Below

Check the details at the bottom of the newsletter for training specifics for this week. If you have any questions, I have attached our Supplemental sheet & PLE (pace chart) for some of those details. Reach out to other runners for information about where everyone is training during the week. It is a lot easier to train with a partner/team then it is to train alone. A week off from practices, does NOT mean a week off from training.

Lenexa Freedom Run (July 4th)

If you are interested in testing your fitness, 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>

Sign up for NEW Remind 101

Please click the link below to sign up for text message updates for the 2023 XC season.

<https://www.remind.com/join/bvswxc23>

Another way to sign up for Remind is to **text the message "@bvswxc23" to the number 81010**

Updated BVSX XC Website – www.bvswxc.com

We have updated the BVSX Cross Country website with a brand-new domain name... 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.

Signing up & using Strava (Online Training Notebook)

Strava is an online running website that will track & log all runs/workouts for runners, cyclists & swimmers. It is a fun way to track our training for the XC season. If you haven't signed up for it yet, please do so we can maximize the most out of our training this summer! See the webpage below for help setting up & posting.

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

"Are you On the Journey to the Summit of Great"

Family Team Breakfast (August 26th)

Please save the date for our Team breakfast scheduled for the August 26th at 9:00am at the BVSW concession stands near the track & soccer field. This event is open to ALL BVSW athletes, families & friends. We will send out more information as the season gets closer.

2023 Meet Schedule on Website

The website has been updated with our planned meet schedule for the 2023 season. Please look at it through the link below. Everything is subject to change, but one weekend is very much uncertain (Oct 5-7th). Our normal Heartland Relays Carnival may not happen this year, so we may be looking for other options.

<https://www.bvswxc.com/copy-of-meet-info-2022>

Daily Schedule for Week -6

Day	Date	Location	Time – Who	Workout Details
Monday	July-3	On Your Own	TBD	-LL, Recovery Run , 4xBU's, H/T, Roll Elite – 7mi Black – 6mi Green – 5mi White – 30mins
Tuesday	July-4	Old Town Lenexa	6:00am – check-in/Warm-up 7:00am - RACE	-LL, Full WU, Race 5k , ExCD, Leg Elev, Roll Elite – 9mi Day Black – 8mi Day Green – 5mi White – 5min CD <i>*Long Cooldown or Finish at PM Double</i>
Wednesday	July-5	On Your Own	TBD	-LL, Recovery Run , 4xBU's, H/T, Stretch Elite – 6mi Black – 5mi Green – 5mi White – 30mins
Thursday	July-6	On Your Own On Your Own	TBD PM Dbl/Lifting	-LL, 1/2WU, Steady Run , 6xBUs, H/T, Roll -*Recovery Jog / Lifting Elite – 10mi Day Black – 9mi Day Green – 6mi (No Double) White – 30mins (No Double)
Friday	July-7	On Your Own	TBD	-LL, FullWU, Tempo Run , Leg Elev, Strch Elite – 4x1mi @L/T, (1min rec), 7mi Day Black – 3x1mi @L/T, (1min rec), 6mi Day Green – 3x1mi @L/T, (1min rec), 5mi Day White – 2x1mi @L/T, (any rec), 10min CD <i>Use Pace chart & 5k time for L/T pace</i>
Saturday	July-8	On Your Own	TBD	LL, Recovery Run, 4xBU's, H/T, Strch Elite – 6mi Black – 5mi Green – 4mi White – 30mins

*TAPP. NO TAPP THIS WEEK. Lift on your own at home

LL = Lunge & Leg Swing

ExCD = Extended Cool Down

BU's = Build ups/Strides

Leg Elev = Leg Elevations

H/T = Heel Toe Walks

Roll = Foam Rollers &/or Massage Guns

Strch = Stretching Routine

L/T = Threshold Pace

(See Supplemental Documents for more info)

“Are you On the Journey to the Summit of Great”