



SOUTHWEST PROJECT

XC Month

Jan

The Southwest Project Newsletter January 2021

As we round into the new year we can “hopefully” see the light at the end of the tunnel of this whole COVID thing. We are going to train & plan for our best Spring yet. We will need to be outside to help mitigate the spread of COVID, which will mean some cold practice days so stay warm. The best way to keep in touch is to sign up for Remind (Text @bvs wxc2 to the number 81010). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvs wxc>

Things Moving Forward

Winter Wolves Training

We are continuing our Winter Wolves program as we start new year! More information can be found on the Off-Season conditioning page (<https://ajballew.wixsite.com/bvs wxc/about>). We will be transitioning into next periodization phase of our training which will include increasing mileage & introducing Quality Aerobic workouts.

We meet Monday-Friday after school at the Shed in the SW corner of the Track at BVSX. All Training details are broken down in the google-sheets below.

https://docs.google.com/spreadsheets/d/1lvDjvVCVXJPa5JVi6_cD7m0e03b3vzpxtNmcsaq5p-g/edit?usp=sharing

We are hoping to improve ALL of our athletes in the winter, not just the ones that are doing Track & Field. If you are looking to get stronger, faster & more efficient then come join us. Masks are still required along with the proper winter attire. Hat, Gloves, Sweats (top & bottom) & mask are mandatory. If you come prepared, it will take a little time to get used to the cold, but it is perfectly safe to run. See You There!

2021 XC Booster Club Meeting

We are looking to have a 2021 XC Booster Club Meeting this January to talk about plans for the 2021 Summer & Fall Season. We will set an exact date shortly. I am wanting to revamp the way the Booster Club is Structured. We are looking for volunteers to take up leadership positions to help make the 2021 XC season better than any other year. My notes can be found in the google-doc below

<https://docs.google.com/document/d/1GI fwpUc7QZmkniySEsRZb-ty1zYBdjM88VdjaLPt fFA/edit?usp=sharing>

Mileage Challenge Starts (January 4th – March 14th)

We will transition into our mileage increase this month it will kick off our Start of our semi-annual mileage challenge. See the attached copy for details. Ultimately, runners must log their workouts & miles on Strava to receive credit. A new category of “Elite” has been created that will really challenge the runners as we try to develop BVSX into the best XC program in the country!

Elite – 450mi (10 weeks)
Black – 400mi (10 weeks)

Green – 300mi (10 weeks)
White – 200mi (10 weeks)

The Maestro on the Mills (New Hill & Challenge)

We have a new challenge for all XC & Track athletes. It is the hill on Quivira heading south from the entrance of Century Farms. It is nearly $\frac{3}{4}$ of a mile with 100ft of elevation gain. Check out the challenge sheet to learn how to be a Maestro on “The Mills!” <https://www.strava.com/segments/26844469>

Garmin Sponsorship

I was recently contacted by Garmin & offered a sponsorship in return to help them develop their online coaching platform. They have been generous in donating 10 Forerunner 45's to the BVSX XC team! I will do my best in issuing these out to runners who are not in possession of a Garmin watch by Need & Seniority. Runners will need to connect their Garmin GPS watch to the Garminconnect app & join the Blue Valley Southwest Team on Garminclipboard. Check out the BVSX XC website to see how to set up a Garminconnect profile. Click on the link <https://a51.garmin.com/team-dashboard/registration/invite/94b44b7c-07a3-45b2-8089-3e6b546a9cab> & answer a few quick questions and the runner will be added to my clipboard where we can follow your progress as an athlete.

Training Changes for Winter 2021

I want to keep things going as smoothly as they can but COVID has made us re-think everything we have done. Some of it is for the better. I've had some time to talk with some great coaches around the country & they have helped me introduce new aspects to our programs. Some of these we already started in December, but I have a few more starting Monday (January 4th)

1. Lunge Matrix & Leg Swing set before workouts
2. Running Moderate pace for 2 minutes after the 10-minute warmup jog
3. Speed Drills & Wickets twice a week
4. Lifting & Strength using “random” objects (buckets, shot puts, discuss, etc.)
5. Strength & Mobility Drills (SAM) sets
6. NEW introduction of doubles (ie running a recovery 30 minutes in the morning) for those ready
7. NEW The term “Easy Run” will no longer be used; it will be replaced with “Recovery” & “Steady” (both have a more specific meaning)
8. NEW running “The Mills” every Monday
9. NEW recovery checklist (things to do after each day, hard day, & for soreness)

Be “Weather Aware”

I want to make sure that the Winter Wolves program is safe & productive. I will send out details if practices are canceled due to dangerous conditions. Until we are able to make it into the school weight room/fitness center we will have to stay outside. If the sidewalks are icy or the weather drops into the single digits (°F) we will likely cut down or cancel the run.

If athletes have access to treadmills &/or indoor weight room facilities it is ok to use those on those terrible days. Otherwise, the greatest benefit to an athlete's fitness will be to attend practice regularly with their teammates. No one can help you get more fit than a supportive & friendly teammate. We need ALL HANDS-ON DECK as we get started this winter.