



SOUTHWEST PROJECT



Month
Jan

The Southwest Project Newsletter: January

Happy New year to the entire BVSW Running Family! We will kick off the new year continuing with our winter conditioning & beginning to take it up a notch. I look forward to getting back at it on Monday Jan 5th. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_w_xc_boosters) where we will send out information about the season.

For more information about the BVSW XC team checkout the Website! www.bvswx.com

NEW INFORMATION

Winter Conditioning Program

We are continuing our winter conditioning program starting on **Monday January 5th at 3:30pm**. It is open to ALL athletes NOT in a winter sport regardless of whether you are doing track or not & will be after school All days we have school through the winter (until Spring Sports begin). Training over the winter will take on more of a “personal” role in that meetups will be limited outside of school days & weather will throw some curve balls at us. We will adjust or cancel practices when school is canceled due to severe weather.

Running in the cold/snow/ice is usually only dangerous if you are NOT prepared for the conditions. Gloves & Hats are mandatory for all outdoor runs when the weather is cold. Long sleeve tops & pants are VERY important during training to avoid exposed skin to the cold wind for extended periods of time. Please come prepared to run outside, as indoor space is limited. The first few meets of the outdoor season can be cold, so we do need to acclimate to the weather in the same way we do in the summer for the heat.

Join Garmin Clipboard

Since many of the workouts we will be doing this winter will be “on your own” it is best to get on Garmin Clipboard. Workouts can be “pushed out” to each athletes watch, so all they have to do is follow the prompts & it will track distance, time & recovery for you. To join...

Invite Code: TV4390

1. Download Garmin Clipboard
2. Sign into (or create) account
3. Select “Join Organization” from the home screen or from your athlete profile
4. Enter the invitation code above (**TV4390**)

Indoor Track Season

There are many Indoor Track meets in the immediate & within a reasonable drive of the Kansas City Area. See the google.doc for more information. We encourage athletes to do at least one race over the winter to keep their “skills sharp,” but over-racing is something I would be very cautious about. Racing too frequently takes away from training & the adaptations we are trying to develop now for later in the season. Every time an athletes races, it puts a major emotional stress on the body which can have a negative impact on their mindset as we prepare for the important meets in May.

Meet Links: <https://docs.google.com/document/d/1XHU6-JSoQUw5JEZud0IDlasq4DRxuMVAR8o0Cg8-PfE/edit?usp=sharing>

Things that still apply

Winter 1-on-1's (Meetings with Coach)

This winter I am wanting to sit down for 15-20 minutes & discuss the goods, bads & future of their running careers. This will go a long way to helping athletes meet their personal needs for the upcoming year. This includes Seniors!

Fill out the google form below with thoughtful answers and we will have a meeting to go through the answers & I will add in my thoughts on what you put down. This is your first way to express your concerns to me & help the entire coaching staff get you ready for a great 2026 season.

Link: <https://forms.gle/trvw8FprS9HAX7yo7>

Summer- Rocky Mountain Road Trip (July 18-23rd)

We are asking you to save the date for our Rocky Mountain Road XC Trip this summer. We are inviting some of our top returners on the trip. More details will come out as we are able to finalize details about the Trip. In the meantime, we are looking for a list of returning athletes that are interested. Please fill out the Form Below. Thanks!

Link: <https://forms.gle/cTpR6ozE1p8uCj1H9>

Scheduled Trip Outline/Itinerary

- Day 1 – Drive to Colorado Springs
- Day 2 – Spend the day in Colorado Springs
- Day 3 – Drive to American Fork, UT
- Day 4 – Spend the day in Utah
- Day 5 – Drive to Denver/Golden area
- Day 6 – Climb Greys Peak then Denver/Golden area
- Day 7 – Drive back home

The Cost of the trip will be based on the number of athletes we are able to get signed up. We will also be in need of a parent/helper to drive a van on the VERY LONG trip through the rocky mountains.

Itinerary (Work in Progress):

https://docs.google.com/spreadsheets/d/10tgqw2a_Kh0BBbGUhvguWDTAeuVSNhEhn8qLySmrTwQ/edit?usp=sharing

Uniform Check-in (ASAP)

I'm still missing some uniforms & Bags. Please turn in your uniform & bag to Coach Ballew (Room 705) ASAP if you haven't done so already!

Items ALL athletes need to turn in

Bag, Warmup Top, Warmup Bottom, 4-Uniform tops (Black, Gray, White, Green), Shorts (Green)
*Additional Girls items – Rain Jacket, Uniform top (Black SWP logo), Shorts (Green pros, Pink pros)
*Additional Boys items – Rain Jacket, Uniform top (Mint), Shorts (White, Neon, Green half tights)

Daily Conditioning Schedule for January

Day	Date	Location	Wt	Gr	Blk	Elt	WU	Double	Workout Details	Post-Run Supplemental
Thursday	1-Jan		0	5	7	8	HALF		Broken Steady Run	2-StL, HT, , Roll, , Leg E
Friday	2-Jan		3	4	5	6	LL		Recovery Run	4BU, HT, Band, , Strch,
Saturday	3-Jan		0	8	10	11	HALF		Long Run	6BU, HT, , , Leg E
Sunday	4-Jan		0	0	0	0				,,,,
Monday	5-Jan	BVSW	2	5	6	7	HALF		Steady Run	4BU, HT, Band, Roll, , Leg E
Tuesday	6-Jan	BVSW	3	6	6	10	FULL	Dbl	<u>CV+Reps #1</u>	, , Roll, , Leg E
Wednesday	7-Jan	BVSW	0	5	6	7	LL		Recovery Run	4BU, HT, Band, , Strch,
Thursday	8-Jan	BVSW	3	6	9	10	HALF	B-Dbl	Steady Run	2-StL, HT, , Roll, , Leg E
Friday	9-Jan	BVSW	2	4	5	6	LL		Recovery Run + Stdy	4BU, HT, Band, , Strch,
Saturday	10-Jan	OYO	0	8	10	12	HALF		Long Run	6BU, HT, , , Leg E
Sunday	11-Jan		0	0	0	0			OFF	,,,,
Monday	12-Jan	BVSW	3	4	6	7	SPD		Speed Work #3	, , , , Leg E
Tuesday	13-Jan	BVSW	3	6	7	12	HALF	Dbl	Broken Steady Run	2-StL, HT, , Roll, ,
Wednesday	14-Jan	BVSW	0	5	6	7	LL		Recovery Run + Stdy	4BU, HT, Band, , Strch,
Thursday	15-Jan	BVSW	3	6	10	12	FULL	B-Dbl	<u>Full Mills (Stdy)</u>	, , Roll, , Leg E
Friday	16-Jan	BVSW	3	5	6	7	LL		Recovery Run	4BU, HT, Band, , Strch,
Saturday	17-Jan	OYO	0	6	7	9	HALF		Steady Run	6BU, HT, , , Leg E
Sunday	18-Jan		0	0	0	3			OFF	,,,,
Monday	19-Jan	TBD	3	6	7	8	HALF		Steady Run	4BU, HT, Band, Roll, , Leg E
Tuesday	20-Jan	BVSW	4	6	7	11	FULL	Dbl	<u>Tempo Run #3</u>	, , Roll, , Leg E
Wednesday	21-Jan	BVSW	0	5	6	7	LL		Recovery Run	4BU, HT, Band, , Strch,
Thursday	22-Jan	BVSW	3	6	10	12	HALF	B-Dbl	Steady Run	2-StL, HT, , Roll, , Leg E
Friday	23-Jan	BVSW	3	5	6	7	LL		Recovery Run + Stdy	4BU, HT, Band, , Strch,
Saturday	24-Jan	OYO	0	9	11	13	HALF		Long Run	6BU, HT, , , Leg E
Sunday	25-Jan		0	0	0	0			OFF	,,,,
Monday	26-Jan	BVSW	3	5	6	7	SPD		Speed Work #4	, , , , Leg E
Tuesday	27-Jan	BVSW	4	6	7	12	HALF	B-Dbl	Broken Steady Run	2-StL, HT, , Roll, ,
Wednesday	28-Jan	BVSW	2	5	6	8	LL		Recovery Run + Stdy	4BU, HT, Band, , Strch,
Thursday	29-Jan	BVSW	2	7	11	12	FULL	B-Dbl	<u>Full Mills (LT)</u>	, , Roll, , Leg E
Friday	30-Jan	BVSW	3	5	6	7	LL		Recovery Run	4BU, HT, Band, , Strch,
Saturday	31-Jan	OYO	0	7	8	12	HALF	Dbl	Steady Run	6BU, HT, , , Leg E

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