

NEW CROSS COUNTRY RUNNER

-Summer Conditioning Program-



SOUTHWEST PROJECT

T-Shirt, Wrist Band, Snacks, Pancake Breakfasts, Speed, Endurance & FUN!

Every Tuesday & Friday, 7AM, All Summer!

Tuesday @ BVSW Track, Friday @ Various Locations

Cost - \$35 to the BVSW Cross Country Booster Club (Venmo Option)



Are you tired of being trapped inside looking at a screen all day? Then the Southwest Project is the place to be this Summer! The Blue Valley Southwest Cross Country team is looking for new runners whether you have experience or NOT! We are trying to grow our program & there is no other activity that will help with your physical, social & emotional wellbeing like Cross Country. Cost is \$35 to the XC Booster Club

Each day will have a lesson for new runners that is important to the BVSX Cross Country team. We will spend a short time going over the topics below & then carryout the workout. Tuesdays will have an emphasis on Speed & Technique while Fridays will be intended to improve Aerobic Fitness & also provide social & team bonding.

<u>Tuesday</u> - Workouts Location - 7:00am	Lesson/Activity	<u>Friday</u> - Workout Location - 7:00am	Lesson/Activity
<u>June 1st</u> - Speed BVSX - XC Corner	Methods of Communication for XC	<u>June 4th</u> - Steady Run Black Bob Park	Becoming a Fan of the Sport of XC & Track
<u>June 8th</u> - Speed BVSX - XC Corner	Developing Good Running Technique	<u>June 11th</u> -Steady Run Pancake Breakfast	Developing Aerobic Fitness
<u>June 15th</u> - Speed BVSX - XC Corner	Types of Injuries & Prevention	<u>June 18th</u> -Steady Run Deanna Rose	Navigating the BVSX Website
<u>June 22nd</u> - Speed BVSX - XC Corner	Getting in the right Running Shoes	<u>June 25th</u> -Steady Run Pancake Breakfast	Racing Strategies
<u>July 6th</u> - Speed BVSX - XC Corner	BVSX XC Hall of Fame & Past Runners	<u>July 9th</u> - Steady Run Pancake Breakfast	Traditions at BVSX XC
<u>July 13th</u> - Speed BVSX - XC Corner	Hill Training & Strength	<u>July 16th</u> - Steady Run I-Lan Park	The importance of the Long Run
<u>July 20th</u> - Speed BVSX - XC Corner	Importance of Speed & Speed Reserve	<u>July 23rd</u> - Steady Run Pancake Breakfast	Home Meets at BVSX
<u>July 27th</u> - Speed BVSX - XC Corner	Nutrition Basics	<u>July 30th</u> - Steady Run Quivira Park	Rules for XC & Details about Competitions
<u>August 3rd</u> - Speed BVSX - XC Corner	Nike Heartland Regional Experience	<u>Aug 6th</u> - Steady Run Pancakes	Daily BVSX XC Schedule
<u>August 10th</u> - Speed BVSX - XC Corner	The Psychology of Runners		

Tuesday workouts will have a speed component. Friday workouts will move around between different locations in the area. Come Join us & learn how AMAZING the sport of Cross Country REALLY is!