



# SOUTHWEST PROJECT



Weeks to Go

-7

The Southwest Project Newsletter 7 Weeks to go.

Enjoy your time away from official conditioning, but please keep up the training so we can continue to build upon what you have so far. It is simple to understand that it is way easier to stay in good shape than to get in good shape. Let's not spend two weeks rebuilding the fitness we already gained. Heat will play a role so run either early or late to avoid the weather. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs\_wc\_boosters) where I will send out cool information about the season.

For more information about the BVSX XC team checkout the Website! [www.bvsx.com](http://www.bvsx.com)

## NEW INFORMATION

Moratorium Week: June 28<sup>th</sup> – July 4<sup>th</sup>

The KSHSAA has a week surrounding the 4<sup>th</sup> of July where coaches & athletes are not allowed to meet in an official capacity during this week. **Athletes will organize** their own meetups to run or run on their own. DO NOT take the week off as this is an important time to stay on top of your training. This will also be the hottest week of the summer, so stay hydrated & run when it is cool.

Lenexa Freedom Run (July 4<sup>th</sup>)

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.**

**Link to Register:** <https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

Thank You's Pancake Breakfast Friday

Big Thank you to the Brogan Family for hosting our second pancake breakfast run. We really appreciate the hospitality. Thank you to Mrs. Wilson & Mrs. Collins for helping!

We still need helpers for Future Dates! Click the link below and fill out the form to offer to host or help.

<https://www.signupgenius.com/go/70A0A4DABAD2CA6F49-64456166-bvs#w/>

Rocky Mountain Road Trip 2026 (July 17-22)

Slots are filled for the Rocky Mountain Road Trip. An email will go out this week about the details on cost & specific trip itinerary information. Thank you to everyone who signed up It will be a great experience!

Parent Meeting Scheduled (Sunday August 16<sup>th</sup>)

We will have our annual parent meeting on **Sunday August 16<sup>th</sup> at 6:00pm** in the **BVSX Fixed Forum**. This is a meeting for parents of both returning & new kids. We will give details about needs & plans for the season.

Family Breakfast (Saturday August 29<sup>th</sup>)

We have scheduled our annual Cross Country Family Breakfast for **Saturday August 29<sup>th</sup> at 9:00am** at the **concession stands** by the soccer field. We will be looking for parent volunteers to help us cook pancakes & provide other breakfast side dishes for the event. It is our opportunity to come together at the start of the season to celebrate a great summer of building fitness & get us excited about the racing season to come.

More information will be to come, but please put this on your calendar.

*"Are You on the Journey to the Summit of Great"*

## Full Summer Training Details

Please check out the link below to the whole summer training plan (at this moment). For those of you that like to see what we will be doing on any given day moving forward this is everything leading up to the start of the season. When you are gone from morning practices do your best to try & complete the workout on your own. Link: [https://www.bvswxc.com/\\_files/ugd/ab0cb5\\_234458d0be9e4526be04d7d930ddf2ee.pdf](https://www.bvswxc.com/_files/ugd/ab0cb5_234458d0be9e4526be04d7d930ddf2ee.pdf)

### THINGS THAT STILL APPLY

Updated BVSX XC Website – [www.bvswxc.com](http://www.bvswxc.com)

We have updated the BVSX Cross Country website... [www.bvswxc.com](http://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>

Sign up for ParentSquare App

Blue Valley Schools has made the decision to transition to ParentSquare as its unified, districtwide communication platform for the 2026-27 school year. Parents will need to use the email that is registered with the school & athletes will need to use the school email to register/sign-in. The link is below to sign-in. Parents/Students Sign-in: <https://www.parentsquare.com/signin>

We are working on getting athletes added to the Cross Country specific group, so it will not be complete yet.

## **Daily Schedule for Week -7**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	June-29	On Your Own On Your Own <sup>1</sup>	TBD – ALL TBD – ALL	-1/2WU, <b>Steady Run</b> , 4BU, HT, Leg Elv -(PM Dbl), 30/30 Lift Mileage: W-4, G-5, B-7, E-10
Tuesday	June-30	On Your Own On Your Own <sup>1</sup>	TBD – ALL TBD – ALL	-LL, <b>Recovery Run</b> , 4BU, HT, Strch -(Lift), 550 Lift Mileage: W-3, G-3, B-5, E-7
Wednesday	July-1	On Your Own	TBD – ALL	-FullWU, <b>Tempo Run</b> , CD, Leg Elv Mileage: W-0, G-4, B-7, E-8
Thursday	July-2	On Your Own On Your Own <sup>1</sup>	TBD – ALL TBD - ALL	-LL, <b>Recovery Run</b> , 4BU, HT, Strch -(PM Dbl), Iowa State Mileage: W-3, G-5, B-6, E-10
Friday	July-3	On Your Own	TBD – ALL	-LL, <b>Recovery Run</b> , 4BU, HT, Strch, Leg E Mileage: W-3, G-3, B-4, E-5
Saturday	July-4	Old Town Lenexa*	7:00am– Race time*	-FullWU, <b>5k RACE</b> , ExCD, Leg Elv Mileage: W-5, G-5, B-7, E-9

<sup>1</sup> Double run Monday & Thursday for Elite Athletes. Everyone else should do lifting in evening time on Mon, Tue & Thu

\*Lenexa Freedom Run 5k. Arrive about 60 mins before race time to check-in, start Full WU 40-45mins before race.

\*Athletes NOT racing on Saturday should do 3-5 miles worth of Tempo pace, broken up however they feel.

*“Are You on the Journey to the Summit of Great”*