



SOUTHWEST PROJECT



Weeks to Go

-6

The Southwest Project Newsletter 6 Weeks to go.

After a very warm but fun Independence Day week with my family, I look forward to getting back to a routine of training & running. With only 6 weeks left to the official XC season, it means we are at the start of the most important training period for a successful fall. Develop good habits & do what you can to make it to practices as often as possible. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_sw_xc_boosters) where I will send out cool information about the season.

For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Importance of the Training Plan in front of us

We have 6 weeks in front of us before the start of the XC season officially begins. When the season starts, we will have 2 more weeks before our first race. Most physiological adaptations for distance runners take about 4-6 weeks to see results in the muscles, heart & aerobic capacity measurements. The athletes that will be the most prepared for the racing season will take the next 6-8 weeks as seriously as possible. When we get into the school year & racing season, BIG training adaptations become very difficult due to the added stresses & needed recoveries. That is why the end of the summer is so important to success.

We understand that vacations & other activities will likely get in the way from time to time over this period & that is OK! No one day will make or break a season, no one "down-week" will make or break it either. Think more about trying to avoid "big chunks" of no training at all. If you can't do the workout exactly as prescribed, modify it. If you can't modify it, just find something aerobically challenging. If you can't do that, they put it out of your mind & enjoy your time off but be ready to get back after it when you are done.

Lenexa Freedom Run (July 4th)

The Lenexa freedom run 5k was a great experience all around! We had so many athletes competing it was hard to keep track of everyone. We not only had current runners but there were multiple Alumni out there along with a handful of future runners! Great job to everyone, results below.

Results: <https://runsignup.com/Race/Results/73841#resultSetId-666957;perpage:100>

Meet Schedule Posted

Our meet schedule is posted on the BVSX XC website. As meet information is sent to me, everything you need to know about the meet/races will be posted on the page below. In Cross Country, race level (Varsity, JV, C-team) is determined by the performances the previous meet (mostly). This gives athletes an opportunity to earn a varsity spot any given week. We will bring our entire team to most meets but there are a few where we will ONLY bring the Varsity or JV/C-team. Click on the meet at the top of the page for more information.

Link to Meet Schedule: <https://www.bvswxc.com/meet-info-2026>

Pancake Breakfast Friday at the Collins' Home

Our 3rd pancake breakfast run will be at the home of the Collins. We will meet at their home at the normal 6:30am time, do our run from their house & return for pancakes & team bonding.

Address: **16500 Goddard St, Overland Park, KS**

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-bvsw#/>

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

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!

THINGS THAT STILL APPLY

Parent Meeting Scheduled (Sunday August 16th)

We will have our annual parent meeting on **Sunday August 16th at 6:00pm** in the **BVSW 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 29th)

We have scheduled our annual Cross Country Family Breakfast for **Saturday August 29th 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.

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

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 -6

Day	Date	Location	Time – Who	Workout Details
Monday	July-6	Verhaeghe Park Weight Room ¹	6:30am – ALL 5:30pm ¹ -7pm - ALL	-1/2WU, Steady Run , 4BU, HT, Band, Stc -TAPP (PM Dbl)
Tuesday	July-7	Black Bob Park Weight Room ¹	6:30am – ALL 5:30pm ¹ -7pm - ALL	- FullWU, Tempo Reps , CD, Roll, Bnd, LgE -TAPP (PM Dbl)
Wednesday	July-8			-LL, Recovery Run , 4BU, HT, Strch
Thursday	July-9	BVSW Track Weight Room ¹	6:30am – ALL 5:30pm ¹ -7pm - ALL	-Full WU, The Mills , CD, Roll, Leg Elv -TAPP (PM Dbl)
Friday	July-10	Collins House*	6:30am – ALL*	-LL, Recovery , 4xBU, HT,Band, Roll, Strch
Saturday	July-11	Quivira Park	6:30am – ALL	-1/2WU, Long Run , 6xBU, HT, Leg E

¹ Double run Monday, **Tuesday** Thursday for Elite Athletes. Everyone else meet at 6:00pm in weight room to lift

*Collins Home Address: **16500 Goddard St, Overland Park, KS**

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